

College Study Planner

Turn your daily target into a week you can follow. Leave time for review and a day you can actually rest.

Week of: _____

Exam or deadline: _____

Daily target (hours): _____

Weekly Plan

Day	Course	Lecture, lab or assignment	Task type	Planned h	Done / moved
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Include assignment and lab time in your available study hours. If the daily target exceeds your available time, adjust the plan before filling this page.

Study Session Log

Write down the hours you actually studied. Use them to improve your next estimate, not to judge the day.

Week of: _____ Planned focused hours: _____ Actual focused hours: _____

Sessions

Date	Course	Lecture, lab or assignment	Task type	Planned h	Actual h

Next Week

Which course or deadline needs attention next?

What time estimate should you change after these sessions?