

School 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	Subject	Chapter or homework	Task type	Planned h	Done / moved
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Keep homework and test revision visible as separate tasks. 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	Subject	Chapter or homework	Task type	Planned h	Actual h

Next Week

Which chapter needs another practice attempt?

What time estimate should you change after these sessions?
