

Weekly Study Planner

Plan • Study • Stay Consistent • Achieve Your Goals

Name:

Start Date:

Week:

End Date:

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00							
7:00 – 8:00							
8:00 – 9:00							
9:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							
12:00 – 1:00							
1:00 – 2:00							
2:00 – 3:00							
3:00 – 4:00							
4:00 – 5:00							
5:00 – 6:00							
6:00 – 7:00							
7:00 – 8:00							
8:00 – 9:00							
9:00 – 10:00							

Weekly Goals

1.
2.
3.
4.
5.

Subject Focus

Subject

Topics

Hours

Habit Tracker

- Study / Classes
- Revision
- Exercise
- Healthy Eating
- Proper Sleep (7h+)
- No Social Media

Notes & Reminders

Weekly Reflection

- What went well this week?
- What was challenging?
- What will I improve next week?

Small steps every day lead to big results.