

Weekly Study Planner

Plan smarter. Study with purpose.

Purpose: Help students organize study sessions using evidence-based techniques — active recall, spaced revision, and structured weekly planning.

01 Student Information

Name:

Class / Grade:

Week of:

Subjects this week:

Exam / Goal date (if any):

02 Weekly Goals

List your top three goals for the week. Make them SMART (Specific, Measurable, Achievable, Relevant, Time-bound).

1. _____ Achieved
2. _____ Achieved
3. _____ Achieved

Subject Priorities

Subject	Priority (High / Medium / Low)	Why it matters this week

Tip: Choose goals you can realistically finish this week. Smaller, completed goals build more momentum than large, unfinished ones.

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03 Daily Study Schedule

Block out focused study time across the week. Keep sessions short and frequent rather than long and rare — this supports better retention.

Time Block	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Early Morning							
Morning							
Midday							
Afternoon							
Evening							
Night							

Tip: Short, frequent sessions (25-45 minutes) with breaks tend to beat long, unbroken study marathons for both focus and retention.

04 Active Recall Checklist

Tick off the evidence-based techniques you use this week. Active recall and spaced repetition are consistently shown to improve long-term retention more than passive re-reading.

- Flashcards with spaced repetition
- Practice retrieval without looking at notes
- Teach the concept to someone else
- Self-quiz using past questions
- Summarize a chapter from memory
- Mind-map key concepts and links
- Cover-copy-compare for key facts
- Explain a topic out loud, unscripted

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05 Revision Tracking Table

Track what you revise, how, and how confident you feel. Revisit low-confidence topics sooner.

Subject	Topic	Date	Method Used	Conf. (1-5)	Done
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>

Practice Test Log

Record short practice tests or past-paper attempts completed this week.

Subject / Test	Date	Score	Notes

Tip: Review topics again 1-2 days and then about a week after first learning them. This spaced schedule helps move material into long-term memory.

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06 Weekly Reflection Notes

What went well this week?

What was challenging, and why?

What will I change or try next week?

Overall rating for this week

1 2 3 4 5

1 = Difficult week · 5 = Great, on-track week