DAILY STUDENT ASSIGNMENT & STUDY ROUTINE PLANNER

ACADEMIC FOCUS & POMODORO SPRINT

DATE: _____/_____/20____ DAY: [ ] M [ ] T [ ] W [ ] TH [ ] F [ ] SA [ ] SU MAJOR / GRADE: _____

TODAY'S #1 ACADEMIC GOAL: _____

ASSIGNMENTS & PROJECTS TO COMPLETE

COURSE	ASSIGNMENT / TASK	PRIORITY	DONE
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POMODORO STUDY SESSIONS (25M FOCUS + 5M BREAK)

SESSION 1: TOPIC: _____ TIME: ____:____
POMODOROS: ( ) ( ) ( ) ( ) FOCUS: [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

SESSION 2: TOPIC: _____ TIME: ____:____
POMODOROS: ( ) ( ) ( ) ( ) FOCUS: [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

SESSION 3: TOPIC: _____ TIME: ____:____
POMODOROS: ( ) ( ) ( ) ( ) FOCUS: [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

SESSION 4: TOPIC: _____ TIME: ____:____
POMODOROS: ( ) ( ) ( ) ( ) FOCUS: [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

SESSION 5: TOPIC: _____ TIME: ____:____
POMODOROS: ( ) ( ) ( ) ( ) FOCUS: [ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5

CLASS & STUDY BLOCK SCHEDULE (07:00 - 21:00)

TOMORROW'S PREP & EXAM REVIEW CHECKLIST

[ ] _____

[ ] _____

[ ] _____

[ ] _____