WEEKLY ACADEMIC COURSE STUDY & QUIZ SCHEDULE

SEMESTER STUDY BLOCKS, EXAM SPRINTS & QUIZ MILESTONES

STUDENT: _____ **WEEK OF:** _____/_____ **to** _____/_____ **TERM:** [ ] Fall [ ] Spring [ ] Summer **TARGET GPA:** _____ / 4.00

WEEKLY STUDY GOAL: _____ TOTAL HOURS | **POMODORO TARGET:** _____ SESSIONS (25m) | **EXAMS THIS WEEK:** _____

SECTION 1: UPCOMING QUIZZES, EXAMS & HIGH-STAKES DELIVERABLES

COURSE / CLASS	QUIZ / EXAM / ESSAY TOPIC	DATE & TIME	STUDY HRS	CONFIDENCE (1-5)	DONE
		_____ @ ____:____	_____ hrs	[1] [2] [3] [4] [5]	[ ]
		_____ @ ____:____	_____ hrs	[1] [2] [3] [4] [5]	[ ]
		_____ @ ____:____	_____ hrs	[1] [2] [3] [4] [5]	[ ]
		_____ @ ____:____	_____ hrs	[1] [2] [3] [4] [5]	[ ]
		_____ @ ____:____	_____ hrs	[1] [2] [3] [4] [5]	[ ]

SECTION 2: 7-DAY HOURLY STUDY SPRINT BLOCKS & ACTIVE RECALL SCHEDULE

MONDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

TUESDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

WEDNESDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

THURSDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

FRIDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

SATURDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

SUNDAY

[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____
[ ] ____:____ _____

POMODORO SPRINTS (25m):
[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]
TOTAL STUDY: _____ hrs
Key Retention / Formula:
_____

WEEKLY SYNTHESIS

HOURS PLANNED: _____ hrs
HOURS ACHIEVED: _____ hrs
RETENTION / FOCUS SCORE:
[1] [2] [3] [4] [5] Stars

TOP CONCEPT MASTERED:
_____

BIGGEST TIME SINK / FIX:
_____

NEXT WEEK SPRINT FOCUS:
_____