

DAILY STUDY PLANNER

DATE

MO TU WE TH FR SA SU

STUDY HOURS

Expected	Hour		Minutes	
Actual	Hour		Minutes	

TIME TABLE

:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	
:	

TODAYS SUBJECT(S)

DEADLINES

STUDY PROGRESS

GOALS

STUDY BREAK CHECKLIST

Break 1	Duration	:	Activity	
Break 2	Duration	:	Activity	
Break 3	Duration	:	Activity	
Break 4	Duration	:	Activity	

Taking intentional breaks (ranging from 5-60 minutes) from studying boosts your energy, productivity, and ability to focus.

