



Study Session Planner

Track your goals, notes, and progress in one place

SUBJECT / COURSE: _____ DATE: _____

START TIME: _____ END TIME: _____ ENERGY LEVEL: _____

Learning Objectives

- Objective 1: _____
- Objective 2: _____
- Objective 3: _____
- Objective 4: _____

Study Method / Technique

- Pomodoro
- Cornell Notes
- Active Recall
- Practice Problems
- Mind Mapping
- Spaced Repetition
- Feynman Technique
- Other

Notes & Key Concepts

KEY TERMS / CUES	MAIN NOTES

Formulas & Equations

Formula 1: _____

Formula 2: _____

Formula 3: _____

Key Vocabulary

Term 1: _____
Definition: _____

Term 2: _____
Definition: _____

Term 3: _____
Definition: _____

Term 4: _____
Definition: _____

Session Summary — What did you learn today?

Confidence Level: 1 2 3 4 5

Next Steps / Follow-Up: _____

Questions Still Unanswered: _____

Weekly Study Planner & Productivity Tools

Plan your week, track habits, and prioritize tasks

Week of: _____

MON	TUE	WED	THU	FRI	SAT	SUN

Task Priority List (# = priority order)

1 Most Important — Do Today

2 Important — Do Soon

3 Nice to Do — If Time Allows

Weekly Habit Tracker

	M	T	W	T	F	S	S
Review lecture notes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practice problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read textbook chapter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Watch tutorial / video	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Study group / peer review	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rest & recovery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pomodoro Session Tracker (shade each circle after completing a 25-min block)

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24

Weekly Reflection

What went well this week?

What was challenging?

What will I improve?

Resources & References

- _____
- _____
- _____