

Weekly Study Planner

Print one per week. Plan your blocks every Sunday night, tick as you complete. Consistency beats intensity — a plan you follow beats a perfect plan you don't.

Week of: _____ Target this week: _____

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning (6-9)							
Forenoon (9-1)							
Afternoon (2-5)							
Evening (5-8)							
Night (8-11)							

Top 3 Priorities Each Day

Mon	1. _____	2. _____	3. _____
Tue	1. _____	2. _____	3. _____
Wed	1. _____	2. _____	3. _____
Thu	1. _____	2. _____	3. _____
Fri	1. _____	2. _____	3. _____
Sat	1. _____	2. _____	3. _____
Sun	1. _____	2. _____	3. _____

Weekly Trackers

Track syllabus targets, revision, mock tests and your own reflection.

Subject Targets — what to finish this week

Subject	Chapters / Topics to complete	Target	Done ✓
Physics			
Physics			
Chemistry			
Chemistry			
Maths			
Maths			

Revision Log — old chapters revisited

Chapter revised	Subject	Date	Confidence (1-5)

Mock Test Tracker

Test name	Date	Score	Mistakes to review	Rank/%ile

Weekly Reflection

What went well?

What to improve next week?