

Study Session Planner

Date: _____

TIME GOAL

Start Time: _____

End Time: _____

Total Time: _____

STUDY GOALS

01	
02	
03	
04	

TOPICS / CHAPTERS

BREAKS

BEFORE STARTING

- Gather study materials
- Find a quiet, well-lit place to study
- Turn off distractions
- Clean and organize your space
- Turn on background music
- Have snacks and water
- Set clear goals

TIME BLOCKING

	15	30	45	60
Hour 1				
Hour 2				
Hour 3				
Hour 4				
Hour 5				
Hour 6				
Hour 7				
Hour 8				
Hour 9				
Hour 10				

NOTES

