



Daily Study Planner

Choose three outcomes, block the time, then record what still feels shaky.

TODAY'S TOP THREE

- ☐ 1. _____
- ☐ 2. _____
- ☐ 3. _____

TIME BLOCKS

- 7-9 _____
- 9-11 _____
- 11-1 _____
- 1-3 _____
- 3-5 _____
- 5-7 _____
- 7-9 _____

ACTIVE RECALL

Questions I must answer without looking:

BREAKS + ENERGY

- ☐ Water ready
- ☐ Phone away
- ☐ Stop time chosen

END-OF-DAY CHECK

What did I finish?

What needs another pass?

First task tomorrow:
