

NAME

WEEK STARTING

THIS WEEK I'M FOCUSING ON

My study timetable

	After school 3:30–4:30	4:30–5:30	Evening 6:00–7:00	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

My goals this week

1

2

3

Daily habits

Habit	M	T	W	T	F	S	S
Maths practice (15 min)							
Reading (20 min)							
Homework done							
Reviewed today's work							

Tip: short and regular beats long and rare — 15 focused minutes a day builds more than one big cram.

Topics to master this week

Topic / skill	Confidence 1–5	Done