

BEYOND MARKS

STUDY SPRINT PLANNER

Name: _____ Date: _____

Instructions

- Plan up to four focused study sprints.
- Keep each sprint to 25 minutes.
- Be specific about your task. Write exactly what you will do: read, write, revise, solve, learn, practise, draw, or test yourself.
- Fill in both the Start Time and End Time before beginning.
- The clock is part of the target.

Sprint 1 (Sample)

Subject	Chapter	Topic	My Exact Task	Start Time	End Time	Done
Science	Electricity	Ohm's Law	Learn Ohm's Law, formula, unit and solve Questions 1-5	7:00 pm	7:25 pm	■

5-Minute Screen-Free Break

This is an example. Use the remaining sprints to create your own study plan.

Sprint 2

Subject	Chapter	Topic	My Exact Task	Start Time	End Time	Done
						■

5-Minute Screen-Free Break

Sprint 3

Subject	Chapter	Topic	My Exact Task	Start Time	End Time	Done
						■

5-Minute Screen-Free Break

Sprint 4

Subject	Chapter	Topic	My Exact Task	Start Time	End Time	Done
						■

Reflection

Did I complete all my planned sprints today? ■ Yes ■ Partially ■ No

What helped me stay focused?

What distracted me the most?

What will I do differently in my next sprint?

A clear target with a ticking clock activates the mind.