

STUDY SESSION LOG / PLANNER

Date, AM/PM

Clear desk? ☐

Minimal distractions? ☐

Study snacks? ☐

Study soundtrack? ☐

Hydration (glasses)



Post-study Treat 😊

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Tasks (highlight/number 3 priorities)

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(tick when done)

Achievements

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Study-Cycle Work/Break ratio (e.g. 25/5 minute Pomodoros)

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Completed cycles.....
Day/times (start-finish)

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Notes

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Next Steps (To Do)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Procrastination list
(what to do as a break)

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Reflections on study

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