Weekly Study Planner

One sheet per week. Learn it, test yourself, review it on schedule — every session is typed, so no block becomes passive rereading.

Name _____ **Week of** _____ **Next exam / test & date** _____

★ Top 3 outcomes for this week (write results, not activities — "finish & test myself on…", not "study…")

1.
2.
3.

L Learn it **T** Test yourself (book closed) **R** Spaced review **M** Mixed set (topics shuffled)

Write topic + type + time in each slot. Sessions of 25–50 min, with breaks between.

Day	Session 1	Session 2	Session 3	Done
Mon	Topic + type + time			☐
Tue				☐
Wed				☐
Thu				☐
Fri			Catch-up slot — leave empty on purpose	☐
Sat	Timed past-paper / test session	Mark it + fill the error log below		☐
Sun	Light spaced review only (15 min)	5-minute weekly review (below)	Rest	☐

Spaced Review Tracker — when you learn a topic, write it here at once. Tick each review as you do it: +1 day, +3 days, +7 days, +14 days.

Topic learned	Date learned	+1 day ☐	+3 days ☐	+7 days ☐	+14 days ☐	Still weak?

Error Log — what your Test sessions exposed. Anything that appears twice jumps next week's queue.

Topic	What I got wrong	Fixed? ☐

Weekly review — what worked: _____

Carry into next week: _____

Method: Dunlosky et al. (2013) — practice testing & spaced practice rated high utility

Exam Countdown Sheet

Print one per exam. A topic is only finished when it is Covered, Tested *and* Re-tested — "covered" alone is where false confidence lives.

Exam name _____ **Exam date** _____ **DAYS LEFT**

Topic Checklist — tick honestly. Re-tested means you answered questions on it again, at least a few days after the first test.

Subject	Topic	Covered ☐	Tested ☐	Re-tested ☐

Countdown Weeks — the phase is printed; the target is yours. Write one target per week, in pencil if you must.

Weeks to go	Phase focus	My target this week
6 – 5 weeks	COVER — work the checklist; every covered topic enters the Spaced Review Tracker	
4 – 3 weeks	TEST & MIX — more Test sessions and Mixed sets; checklist nearly covered	
2 weeks	TIMED MOCKS — full papers under exam conditions; log every score below	
1 week	WEAK TOPICS ONLY — error log + "still weak" items; short sessions	
Exam week	TAPER — light re-testing, materials packed, sleep protected	

Mock Exam Log

Date	Paper	Score	Weak topics exposed

Final-Week Checklist

- ☐ Exam slip / ID ready
- ☐ Pens & permitted materials packed
- ☐ Venue + reporting time confirmed
- ☐ Travel plan made
- ☐ Light re-test of error-log topics
- ☐ No new topics after mid-week
- ☐ Sleep protected the night before