

Daily study session planner

Start time: _____

End time: _____

Zone 1 Subject (25m)	Topics	How?	Completed?
Break time: 5mins	Treat/reward/activity:		
Zone 2 Subject(25m)	Topics	How?	Completed?
Break time: 10mins	Treat/rewards/activity:		
Zone 3 Subject(25m)	Topics	How?	Completed?
Break time 13mins	Treat/reward/activity:		
Zone 4 Subject(25m)	Topics	How?	Completed?

