

# DAILY STUDY CALENDAR

## TODAY'S GOAL

## STUDY SCHEDULE

## TODAY'S MATERIALS

- water
- snacks
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## TODAY'S TO-DO LIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Notes:

25 minutes:

5 minutes: break (stretch)

25 minutes:

5 minutes: break (water, snacks)

25 minutes:

5 minutes: break

25 minutes:

5 minutes: break

25 minutes:

30 minutes: break

Focus on today's tasks and dump the rest for later!

