

EDITABLE RESOURCE

Student Study Timetable

A realistic weekly timetable for schoolwork, revision, practice, rest and responsibilities.

How to use: Begin with fixed commitments and sleep. Add focused study blocks, short breaks and a small amount of buffer time. Review after one week.

Student name

Class / grade

Week beginning

Main priorities this week

Weekly Study Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Before school							
After school 1							
After school 2							
Evening review							

Daily Focus Rules

- ☐ Choose one clear outcome for each study block.
- ☐ Use active recall or practice, not only rereading.
- ☐ Keep the phone away unless it is required for the task.

- ☐ Take a short break after a focused block.
- ☐ Stop at the planned time and protect sleep.

Subject and Task Planner

Subject	Task / topic	Deadline	Estimated time	Planned session	Done
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					☐
					☐
					☐
					☐
					☐
					☐
					☐

Weekly Review

Which timetable blocks worked well?

Where did I over-plan or lose time?

What will I change next week?
