Weekly planner

Week starting _____

Name _____

For weeks that suit a regular rhythm. Decide what a "block" means for you, such as 30, 45 or 90 minutes, and write your own times. Leave blocks empty on purpose: rest is part of the plan. Prefer more freedom? Use the flexible version on the next page.

DAY	BLOCK 1 time:	BLOCK 2 time:	BLOCK 3 time:	OTHER LEARNING, ACTIVITIES, COMMITMENTS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

TUTOR SESSION (OPTIONAL)

Day and time · subject · what to bring or ask

ADJUSTMENTS

What changed this week, what moved, and where it went

06 · WORKSHEET · FLEXIBLE VERSION

Weekly planner

Week starting _____

Name _____

For weeks that do not follow a pattern. List what you want to get done, roughly how long each task takes, and tick it off whenever you do it. No days, no fixed times.

FIXED COMMITMENTS THIS WEEK

Appointments, work, clubs, trips, exam-centre deadlines: anything the plan has to fit around

This week's tasks

PRIORITY	SUBJECT	TASK	TIME IT MAY TAKE	DONE
1				
2				
3				

SHORT TASKS FOR LOW-ENERGY MOMENTS

Flashcards, a few questions, tidying notes

TUTOR SESSION (OPTIONAL)

When · subject · what to bring or ask

ADJUSTMENTS

What changed, and what moved to next week

END OF WEEK: HOW DID THE BALANCE FEEL?

Too much | About right | Room for more