

Teen Study Sprint Planner

Map revision blocks, body doubling and rewards.

Planning grid

Use short blocks that you can repeat. Tick the square once completed.

Day | Block 1 | Block 2 | Block 3 | Reset plan | Reward

Monday | _____ | _____ | _____ | _____ | _____

Tuesday | _____ | _____ | _____ | _____ | _____

Wednesday | _____ | _____ | _____ | _____ | _____

Thursday | _____ | _____ | _____ | _____ | _____

Friday | _____ | _____ | _____ | _____ | _____

Weekend | Optional focus burst + fun activity _____

Study buddy checklist

Message buddy before session with goal and playlist.

Camera on or timed check ins to stay accountable.

Share one win or question at the end.

Energy log

High focus times: _____

Break ideas that actually help: _____