

# 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: \_\_\_\_\_