

1. Morning and Evening Warm-Up

- **Morning (20 min):** Enjoy your morning, peek at homework/study material.
- Brain.fm chill/relaxation music.
- Pace yourself, mentally prepare.
- **Evening (10 min):** Quick warm-up, review material lightly.
- Brain.fm chill music.

2. Study Blocks & Micro Goals

- **Before studying:** Say "I'll only study for 50 seconds" or "I'll just take a quick look."
- Countdown: 5...4...3...2...1 → start.
- **During sessions:** Set micro-goals (milestones) like "read 2 paragraphs" or "memorize 5 dates."
- **Micro-breaks:** 2–3 min, relax, stretch, walk, water. Listen to chill music.

3. Session Timing

- Each study session: 20–25 min.
- After 3 sessions: macro break 15–20 min (destress, relax with Brain.fm music).

4. Study Techniques

- Active recall and interleaving.
- Visualization techniques (avoid full Mind Palace unless needed).
- Focus on understanding, not rote memorization.
- Revise information during breaks.

5. Daily Additions

- Meditate every other day or as scheduled.
- Eat a healthy sweet treat to reinforce reward.
- Brain.fm:
- Focus tracks while studying.
- Chill/relax tracks during breaks.

6. Core Philosophy

- Warm-up → micro-work → micro-breaks → milestones → macro-breaks → repeat.
- Small steps + consistent breaks + clear milestones = dopamine regulation, emotional stability, improved attention.
- Remove decision-making while working; system decides the next step.

7. Compliance Scale

Score	Description
5	Perfect: Followed all steps, music, meditation, milestones, visualization, treats.
4	Very Good: Missed minor element.
3	Good: Core structure followed, skipped warm-ups/milestones.
2	Fair: Only study blocks followed, missed breaks/techniques.
1	Poor: Inconsistent, no structure.
0	Didn't use: No adherence.

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