Here's a structured one-week guide to help you study and practice the basics of HTML and CSS, including responsive design principles. The schedule assumes you'll dedicate around 1-2 hours per day to learning and practicing.

**Week Guide: HTML, CSS, and Responsive Design**

**Day 1: Introduction to HTML**

* **Goal:** Understand the basics of HTML and create your first web page.
* **Topics:**
  + What is HTML?
  + Basic HTML structure (<html>, <head>, <body>)
  + Common HTML elements (<h1>-<h6>, <p>, <a>, <img>, <ul>, <ol>, <li>)
* **Activities:**
  + Create a simple HTML page with headings, paragraphs, links, and images.
  + Add lists (ordered and unordered) to the page.

**Structuring Web Pages with HTML5**

* **Goal:** Learn to use HTML5 semantic elements to structure web pages.
* **Topics:**
  + Semantic elements (<header>, <nav>, <main>, <section>, <article>, <aside>, <footer>)
  + The importance of semantic HTML for accessibility and SEO
* **Activities:**
  + Refactor your Day 1 HTML page using semantic elements.
  + Add a navigation bar, sections, and a footer to your page.

**Day 2: Introduction to CSS**

* **Goal:** Learn the basics of CSS and how to style HTML elements.
* **Topics:**
  + What is CSS?
  + CSS syntax and selectors
  + Applying styles: inline, internal, and external stylesheets
* **Activities:**
  + Create a simple stylesheet and link it to your HTML page.
  + Experiment with different selectors (element, class, ID) and basic styles (color, font-size, background-color).

**Advanced CSS Styling**

* **Goal:** Dive deeper into CSS properties and layout techniques.
* **Topics:**
  + Box model (margin, border, padding, content)
  + Display property (block, inline, inline-block, none)
  + Positioning (static, relative, absolute, fixed)
* **Activities:**
  + Style your web page using the box model and positioning properties.
  + Practice using different display properties and observe their effects.

**Day 3: Responsive Design Principles**

* **Goal:** Understand the basics of responsive design and media queries.
* **Topics:**
  + Introduction to responsive design
  + Viewport meta tag
  + Media queries
* **Activities:**
  + Add the viewport meta tag to your HTML page.
  + Use media queries to create a responsive layout that adapts to different screen sizes (e.g., mobile, tablet, desktop).

**: Responsive Layout Techniques**

* **Goal:** Learn layout techniques for responsive design.
* **Topics:**
  + Flexbox basics
  + Grid layout basics
  + Responsive navigation
* **Activities:**
  + Implement a responsive navigation bar using Flexbox.
  + Create a simple grid layout using CSS Grid.

**Sunday: Review and Practice**

* **Goal:** Consolidate your knowledge and practice by building a small project.
* **Activities:**
  + Review all topics covered during the week.
  + Build a simple, multi-page website (e.g., a personal portfolio or a landing page for a fictional product) that includes:
    - Semantic HTML5 structure
    - Styling with CSS
    - Responsive design with media queries, Flexbox, and/or Grid
  + Ensure the website is responsive and works well on different screen sizes.

**Additional Resources**

* **Documentation:** [MDN Web Docs](https://developer.mozilla.org/en-US/docs/Web), [W3Schools](https://www.w3schools.com/)
* **Practice Platforms:** [CodePen](https://codepen.io/), [JSFiddle](https://jsfiddle.net/)

This guide provides a structured approach to learning HTML, CSS, and responsive design principles. Remember to experiment and build small projects along the way, as hands-on practice is crucial for mastering web development skills.