

WEEKLY THESIS PLANNER (BLOCK-BASED SCHEDULING)

Month: _____ Week #: _____ Planned on: ___/___/2026

Weekly Outcome (what must exist by end of week):

Available Work Blocks (tick): []1 []2 []3 []4 []5

Block Plan (one block per row):

Minimum Viable Week (if only 1–2 blocks happen):

End-of-Week Review (facts only):

Remarks / Scratch / Overflow:

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DAILY FOCUS SHEET (USE ONLY ON WORK DAYS)

Week #: _____ Date: ___/___/2026

Primary Task (ONE):

Secondary Tasks (max 3):

Notes / Equations / Sketches:

End-of-Day Review (facts only):

Remarks / Scratch / Overflow: