REVISION TIMETABLE

PLAN SMART - STUDY DEEP - REST WELL

WEEK OF

TOP 3 OUTCOMES

WEEKLY FLOW

CHECK OFF AS YOU GO

DAY	FOCUS	DEEP WORK	LIGHT REVIEW	DONE
MON				☐
TUE				☐
WED				☐
THU				☐
FRI				☐
SAT				☐
SUN				☐

RESET REMINDER

worked?

tomorrow?