ZenFocus

THREE OR FOUR SUBJECTS

Weekly study planner

Week of _____ Name _____

THIS WEEK'S TOP 3

1. _____ 2. _____ 3. _____

DEADLINES THIS WEEK

SUBJECT	MON	TUE	WED	THU	FRI	SAT	SUN
Subject	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Subject	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Subject	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Subject	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

Tick a box for each focus block. ☐ 25 minutes ☐ 50 minutes

NOTES

Larger rows so each paper has room. Leave a rest day if you need one.