ZenFocus

MODULES AND COURSEWORK

Weekly study planner

Week of _____ Name _____

THIS WEEK'S TOP 3

1. _____ 2. _____ 3. _____

COURSEWORK DEADLINES THIS WEEK

MODULE	MON	TUE	WED	THU	FRI	SAT	SUN
Module	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50
Module	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50
Module	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50
Module	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50
Module	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50
Module	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50	☐ 25 ☐ 50

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

NOTES