

WORKPLACEHERO STUDY HUB - FREE PRINTABLE

Weekly study planner

Plan a realistic week around one meaningful goal. Protect breaks as carefully as study time.

This week's goal	Why it matters	How I will know I have done it

Day	Study block	What I will work on	Done
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Distractions I will remove	Breaks and rewards I will protect

Friday check-in: What worked, what slipped, and what will I change next week?