



One-Week Exam Study Plan (6 Hours/Day)

This planner is designed to help you manage your time and reduce exam stress. It's based on a **6-hour per day** study strategy using Pomodoro techniques, breaks, and methods like mind maps.

Time Slot	Activity / Focus Area	Method	Notes
9:00 – 9:50 AM	Read all material	2 Pomodoros	Highlight key points
10:00 – 10:50 AM	Finish 2 topics	2 Pomodoros	Use color-coded notes
11:00 – 11:50 AM	Cover 2 more topics	2 Pomodoros	Summarize on flashcards
12:00 – 1:00 PM	Break + Lunch + Walk	Recharge	Relax and clear your mind
1:00 – 1:50 PM	Finish 2 topics	2 Pomodoros	Explain to a friend or pet
2:00 – 2:50 PM	Past exam questions	2 Pomodoros	Self-grade and reflect
3:00 – 3:50 PM	Mind maps / Group study	Creative session	Use colors and connections

Weekly Planner

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM							
PM							
Evening							