

How to use this planner

This planner is to help plan out a study schedule for a subject using a common spaced repetition method in which material is reviewed 1 day after learning, 7 days after learning, 16 days after learning, and 35 days after learning.

To use this planner:

1. **PLAN:** Note the subject and day the subject was learned. Then fill out the dates for every review session in the headings using the numbers of days after learning to determine the date
2. **RECALL:** On the correct dates make sure to cover materials needed for the topic using active recall methods to test your understanding. (Aim for 30 minute study sessions)
3. **REVIEW:** After a study session note the topics you have a strong hold on and topics you still struggle to remember in the provided boxes.
4. **REEVALUATE:** In your next study session prioritize the topics you struggled with in the last session and leave topics you have a strong understanding of to the end of the session.

*Check out some of our
suggested active recall
methods here!*



Spaced Repetition Study Planner

Subject _____

Date Subject was Learned: / / _____

Date:

1 Day Later

Topics you remembered well:

Topics that need more work:

Date:

7 Days Later

Topics you remembered well:

Topics that need more work:

Date:

16 Days Later

Topics you remembered well:

Topics that need more work:

Date:

35 Days Later

Topics you remembered well:

Topics that need more work: