

Daily Study Sprint Sheet

25-minute focused sprints. Short bursts, real progress.

Name: _____ Date: _____

Today's Main Focus: _____

#	Subject / Topic	Notes	Focus (1-5)
1			
2			
3			
4			
5			
6			
7			
8			

Break Reminders: 5 min after each sprint | 15 min after every 4th sprint

End-of-Day Reflection

What went well today?

What felt distracting?

One thing to improve tomorrow:

Tomorrow's Top 3 Priorities:

- ☐
- ☐
- ☐