Plan a Sustainable Study Week

Grades 9-10 | Executive function | Flexible support

Learner: _____ Date: _____

Choose one real week. Plan short study blocks around energy, access needs, deadlines, rest, and a backup option.

DEADLINES AND PRIORITIES

SHORT STUDY BLOCKS

SUPPORTS, BREAKS, AND ACCESS NEEDS

BACKUP PLAN FOR A HARD DAY

Grown-up note: A useful plan protects sleep and recovery, includes buffer time, and can be adjusted without shame. Start with the smallest clear next step.

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