brightstudy

FREE RESOURCE — PLANNER

Weekly Study Planner

A printable week-at-a-glance timetable with priority boxes, subject balance and a Sunday review so every week has a plan.

7	15	3	10 min
DAYS PER SHEET	HOUR BLOCKS A DAY	WEEKLY PRIORITIES	SUNDAY REVIEW

TIMETABLE · PRIORITIES · SUBJECT BALANCE · WEEKLY REVIEW

PREPARED BY	CATEGORY	EDITION	LATEST VERSION
BrightStudy	Study planning	2026, A4 PDF	brightstudy.ai/resources/weekly-study-planner

What is inside

Most students study whatever feels most urgent, which is usually the subject with the nearest deadline rather than the one that needs the most work. This planner gives you a fixed weekly routine instead: you set three priorities, block study sessions around your lessons and commitments, balance time across subjects, and spend ten minutes on Sunday reviewing what worked. Use one sheet per week and keep the old ones; the Sunday reviews show you what to change.

SECTIONS

1 How to plan a week that works
2 Worked example: a balanced week
3 Weekly planner
4 Sunday review

WHO IT IS FOR

GCSE, A level and university students who want a weekly routine they can actually keep, and parents helping a younger student build one.

WHAT IS INCLUDED

- Seven-day timetable grid from 7am to 10pm in one-hour blocks
- Top-three priorities box and a subject-balance tally
- Worked example of a balanced week for a student with five subjects
- Session planning rules: lengths, breaks and what to do when a session is missed
- Sunday review page with five quick questions

01

How to plan a week that works

Ten minutes on Sunday evening saves hours of indecision during the week. Follow these steps the first few times; after a month they become automatic.

1. Write in your fixed commitments first: lessons, lectures, work shifts, sport, travel. These do not move.
2. Pick your three priorities for the week. One should be the subject you least want to do.
3. Place study blocks into the gaps. Forty-five to sixty minutes each, never more than two in a row.
4. Give every block a subject now and a topic on the day. A block with no job gets skipped.
5. Leave one evening free. A week with no slack breaks the first time something comes up.
6. On Sunday, fill in the review page before you plan the next week.

SESSION RULES

- Hard subject first, when your attention is best.
- Phone in another room for the length of the block.
- End each block by writing one line: what you did and what to do next time.
- Never study past the end time to "finish"; stop, note where you are, and come back.

02

Worked example: a balanced week

Here is a week for a Year 12 student taking Maths, Biology, Chemistry and Psychology, with a Saturday job. Notice the free Friday evening and the short Sunday review.

	MON	TUE	WED	THU	FRI	SAT	SUN
16:00	Travel	Maths	Travel	Biology	Travel	Work	Free
17:00	Chemistry	Maths	Psychology	Biology	Free	Work	Maths
18:00	Dinner	Dinner	Dinner	Dinner	Free	Dinner	Dinner
19:00	Biology	Psychology	Chemistry	Maths	Free	Chemistry	Review
20:00	Flashcards	Free	Flashcards	Free	Free	Free	Plan next week

Subject balance for the week: Maths 4, Biology 3, Chemistry 3, Psychology 2, plus two short flashcard sessions. The student is strongest in Psychology, so it gets the least time; the tally box on the planner makes that choice visible instead of accidental.

03

Weekly planner

Week beginning _____. Fill in fixed commitments first, then study blocks. Tick a block when it is done; write "moved" and the new slot when it is not.

PRIORITY 1

PRIORITY 2

PRIORITY 3

SUBJECT BALANCE TALLY (SUBJECT: HOURS)

	MON	TUE	WED	THU	FRI	SAT	SUN
07:00							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							

04
Sunday review

Answer honestly; the point is to change next week, not to feel good about this one.

How many planned blocks did I complete? ____ of ____

Which block did I skip most often, and what was in the way?

Which session felt most useful, and why?

Which subject got too little time compared with how worried I am about it?

One change for next week:

RATE THE WEEK

I started sessions on time	NOT AT ALL	○	○	○	○	○	COMPLETELY
I stayed off my phone during blocks	NOT AT ALL	○	○	○	○	○	COMPLETELY
I ended sessions with a note for next time	NOT AT ALL	○	○	○	○	○	COMPLETELY
I kept my free evening free	NOT AT ALL	○	○	○	○	○	COMPLETELY

Keep going

BRIGHTSTUDY

This resource covers the part of studying that happens away from a screen. BrightStudy does the rest: upload your notes, slides or recordings and it turns them into Study Docs, flashcards and exam-style questions, then schedules your reviews with spaced repetition. There is a free plan to get started.

PAIRS WELL WITH STUDY PLANNING

FEATURE	WHAT IT DOES	LINK
Study Calendar	Plan revision, exams, deadlines and events.	brightstudy.ai/features/study-calendar
Progress Analytics	Track your study activity and performance.	brightstudy.ai/features/progress
Topic Analysis	Find stronger topics and areas that need attention.	brightstudy.ai/features/topic-analysis
Spaced Repetition	Revisit your learning with scheduled reviews.	brightstudy.ai/features/spaced-repetition

RELATED RESOURCES

RESOURCE	LINK
Term Goal-Setting Sheet	brightstudy.ai/resources/term-goal-setting-sheet
Daily Study Checklist	brightstudy.ai/resources/daily-study-checklist
12-Week Exam Countdown Planner	brightstudy.ai/resources/exam-countdown-planner

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