



Petal & Paper

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Study break planner



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FOCUS, THEN REST 

study break planner

My session plan

Subject / topic: ____

Today's goal: ____

Session length: ____ mins study / ____ mins
break

Total sessions planned: ____

Track your sessions

Session 1: ☐ done — break taken: ☐

Session 2: ☐ done — break taken: ☐

Session 3: ☐ done — break taken: ☐

Session 4: ☐ done — break taken: ☐

During breaks

Stand up & move

Drink water / have a snack

Look away from screens

AVOID falling into social media!

Reflect

How focused did I feel?: ____

What worked well: ____

Total focused study time: ____

A proper rest after, not just more screens