| Study session planner | | Hydration (glasses) | |
|------------------------------|--|---------------------|--|
| Date | | Post-study treat | |
| | Clear desk | Tost study treat | |
| | Minimal distractions Study snacks Study soundtrack | Achievements | |
| Tasks | highlight the 1-3 priorities | | |
| | | Next steps | |
| | | | |
| | | | |
| | | Reflections | |
| | | | |
| Pomodoro | o ratio: work/break e.g. 25/5 | | |
| Completed Pomodoros | | Notes | |
| Procrastin | nation list | | |
| | | | |
| | | | |
| | | | |

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