

DR. SUMIT WANJARI

The Weekly Study Planner

Plan like a topper — built around active recall,
spaced repetition, and protected sleep.



SUMITWANJARI.COM

Weekly Study Planner

Dr. Sumit Wanjari · sumitwanjari.com

Week of _____

This week's 3 focus goals

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TIME	MON	TUE	WED	THU	FRI	SAT	SUN
Early 5–8							
Morning 8–11							
Midday 11–2							
Afternoon 2–5							
Evening 5–8							
Night 8–11							

Notes & revision to carry forward