

# 7-Day Study Sprint

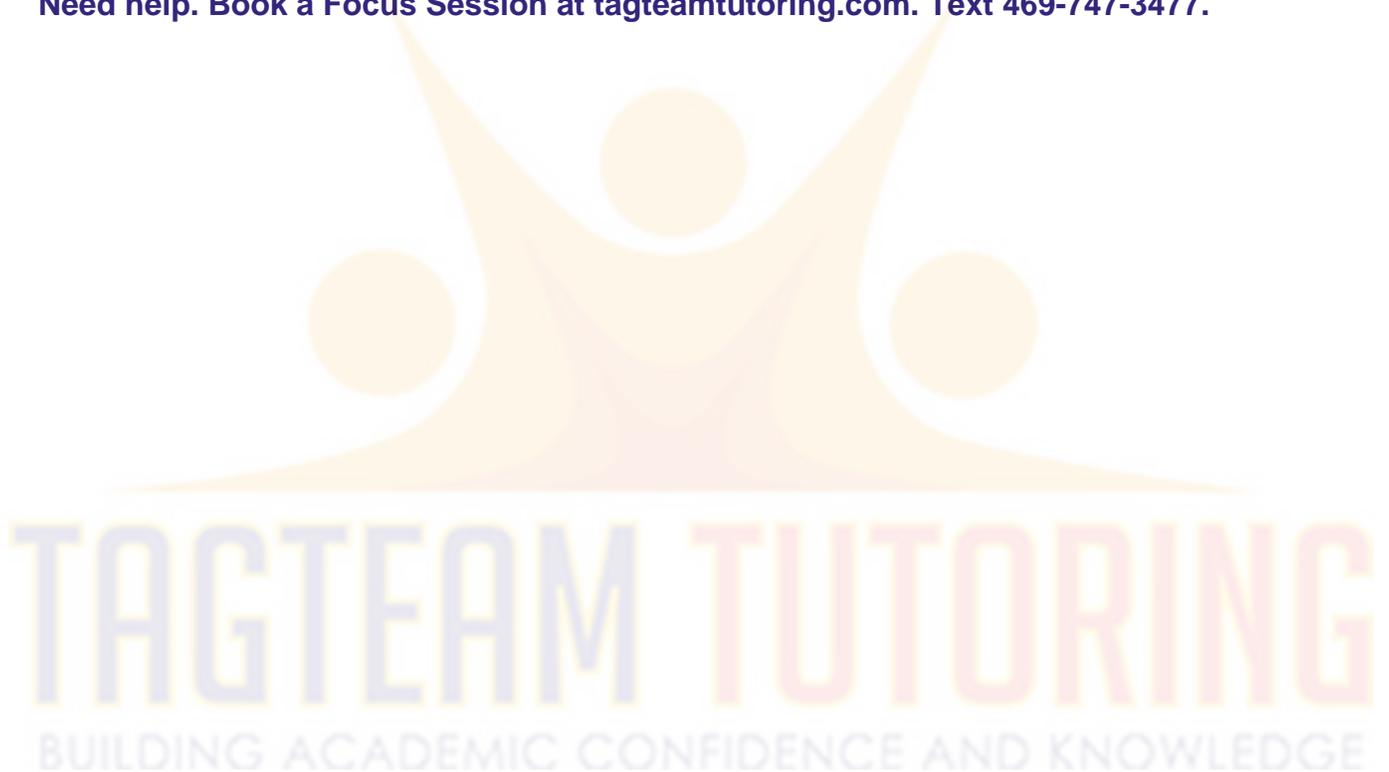
Short, silent study sessions. 25:5 timers. Micro-tasks only.

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## How it works

- Work 25 minutes. Break 5 minutes. Do four rounds. Take a 15 minute break.
- Pick tiny tasks. One page. One formula. One paragraph.
- Use a timer you see. Keep phones in another room.
- Mark each round as complete. Stop at four rounds.

**Need help. Book a Focus Session at [tagteamtutoring.com](http://tagteamtutoring.com). Text 469-747-3477.**



## Day 1

### Focus tasks

- Desk reset for 10 minutes
- Two rounds of 25:5
- Log wins and roadblocks

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Day 2

### Focus tasks

- Algebra sprint x2
- Pick 3 problems. One type each
- Reflect for 5 minutes

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Day 3

### Focus tasks

- Read 10
- Notes 10
- Quiz 5

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Day 4

### Focus tasks

- Vocab build 10
- Test 10
- Sort cards: keep or review

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Day 5

### Focus tasks

- Essay outline 15
- Thesis frame. Three body points
- Plan intro and conclusion

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Day 6

### Focus tasks

- Catch-up hour
- Two rounds on your weakest class
- Plan next steps

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Day 7

### Focus tasks

- Plan next week
- Set two rounds per class
- Pack your bag

### Your rounds

Round	Task	Done
1		
2		
3		
4		

### Wins and notes


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## Weekly tracker

Day	Rounds done	Top win	Next step
1			
2			
3			
4			
5			
6			
7			

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