



**UNIVERSITY
CRACK**

The “Actually Useful” Weekly Study Planner

From University Crack

Name: _____

Week of: _____

Weekly Goals

Let's keep it practical. What are you aiming for this week?

- Academic Goals

- _____
- _____

- Scholarship / Application Goals

- _____
- _____

- Wellness Goals (because burnout isn't a badge of honour)

- _____
 - _____
-

Study Schedule

Block your time. Prioritise what matters. Leave room for snacks.

Day	Topics / Tasks	Time Block	Priority	Notes / Deadlines
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

☒ Wellness & Habits Tracker

Small wins add up. Track the stuff that keeps you sane.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Slept 7+ hours							
Moved my body (walks count)							
Ate something green							
Studied without doomscrolling							
Did something just for fun							

End-of-Week Reflections

No fluff. Just honest check-ins.

- What went well this week?

- What could be better next week?

- One thing I'm proud of:
