

4-Week Learning System Planner

Most learning plans fail for a boring reason: they schedule inputs (read chapter 3) instead of outputs (explain X without notes). This planner flips that.

Four weekly sheets plus a goal page: you define testable goals, set a daily minimum, block time for recall and spaced review, and run a short review each Sunday.

Testable goal worksheet

- Subject: _____
- By the end of 4 weeks I can (without notes): 1. _____ 2. _____ 3. _____
- How I will test each one: _____
- Daily minimum (the smallest session that counts): _____ minutes doing _____

Weekly schedule sheet (print 4)

- Week __ Focus: _____
- Mon | New material ____ | Recall ____ | Review ____
- Tue | New material ____ | Recall ____ | Review ____
- Wed | New material ____ | Recall ____ | Review ____
- Thu | New material ____ | Recall ____ | Review ____
- Fri | New material ____ | Recall ____ | Review ____
- Sat | Practice / apply ____
- Sun | 10-minute review (see checklist)

Sunday review checklist

- ☐ Which goal moved this week? Evidence?
- ☐ Which sessions did I skip, and what got in the way?
- ☐ What is due for spaced review next week?
- ☐ Is the daily minimum still realistic? Adjust down before adjusting up.
- ☐ One thing to change next week: _____

Plateau troubleshooting

- Effort up, results flat → you are probably re-reading; switch that time to recall.
- Recall fine, real use fails → add practice under realistic conditions.
- Bored → interleave two topics instead of blocking one.
- Overwhelmed → shrink the daily minimum and keep the streak.
- Forgetting old material → your review interval is too long; halve it.

Go further: **Learn How to Learn — Complete System** —

<https://skillstacksuite.com/learn-how-to-learn-complete-system/>