

Spaced Repetition Cheat Sheet

Reviewing at expanding intervals is the most reliably demonstrated way to keep knowledge for the long term — and almost nobody does it deliberately.

This two-page cheat sheet gives you a paper-friendly interval schedule, rules for writing cards that work, and a settings guide if you use an app.

The interval ladder

- Correct → move up one step: 1 day → 3 days → 7 → 14 → 30 → 90.
- Wrong → back to step one (1 day).
- Three correct answers at the 90-day step → retire the card.

Card-writing rules

- One fact or idea per card.
- Front is a cue that forces recall; back is short.
- No yes/no questions — ask 'what', 'why', 'how'.
- Use your own words and, where possible, your own example.
- If a card keeps failing, split it or rewrite it — do not just repeat it.

Paper five-box system

- Box 1 reviewed daily, box 2 every 3 days, box 3 weekly, box 4 fortnightly, box 5 monthly.
- Correct → next box. Wrong → box 1.
- New cards enter box 1.

App settings guide

- New cards per day: 10 (raise only after two weeks of finishing reviews).
- Maximum reviews per day: 100.
- Review order: due cards before new cards.
- Do not skip a day; a five-minute session beats a zero.

What not to put in spaced repetition

- Procedures you need to perform (typing, coding, playing) — practise them instead.
- Whole paragraphs — split into facts.
- Things you can look up in two seconds and never need at speed.

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

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