

LEARNING ROUTINE TIMELINE

SUBJECT: _____ DATE: _____ GOAL: _____

TIME BLOCK

ACTIVITY / FOCUS DEEP WORK

REVIEW METHOD

07:00 - 08:30

Peak Cognitive Load: New Concepts

Feynman Technique

08:30 - 09:00

Active Rest / Movement

No Screens

09:00 - 10:30

Deep Application / Problem Solving

Active Recall

10:30 - 11:00

Spaced Repetition Review (Prior Day)

Anki / Flashcards

13:00 - 14:30

Low Energy: Research & Documentation

Mind Mapping

16:00 - 17:00

Collaborative Learning / Discussion

Peer Review

20:00 - 20:30

Priming for Tomorrow / Reflection

Journaling

"Consistency beats intensity. Focus on deliberate practice."