

My week

WEEK OF 14 - 20 JULY

This week's topics: Fundamental Rights + Judiciary; Money & Banking PYQs

MONDAY – FRIDAY · WRITE THE TIMES · TICK THE CIRCLE WHEN THE BLOCK IS DONE

Mon	PROTECTED BLOCK <u>5:45</u> – <u>7:15</u> am <input checked="" type="checkbox"/>	COMMUTE <u>8:40</u> – <u>9:20</u> <input checked="" type="checkbox"/>	LUNCH <u>1:15</u> – <u>1:45</u> <input checked="" type="checkbox"/>	EVENING <u>8:30</u> – <u>9:45</u> pm <input checked="" type="checkbox"/>
Tue	PROTECTED BLOCK <u>5:45</u> – <u>7:15</u> am <input checked="" type="checkbox"/>	COMMUTE <u>8:40</u> – <u>9:20</u> <input checked="" type="checkbox"/>	LUNCH <u>1:20</u> – <u>1:45</u> <input checked="" type="checkbox"/>	EVENING <u>8:30</u> – <u>9:30</u> pm client call ran over <input type="checkbox"/>
Wed	PROTECTED BLOCK <u>6:00</u> – <u>7:15</u> am <input checked="" type="checkbox"/>	COMMUTE <u>8:40</u> – <u>9:20</u> <input checked="" type="checkbox"/>	LUNCH <u>1:15</u> – <u>1:40</u> <input checked="" type="checkbox"/>	EVENING <u>8:45</u> – <u>9:50</u> pm <input checked="" type="checkbox"/>
Thu	PROTECTED BLOCK _____ – _____ am <input type="checkbox"/>	COMMUTE _____ – _____ <input type="checkbox"/>	LUNCH _____ – _____ <input type="checkbox"/>	EVENING _____ – _____ pm <input type="checkbox"/> quarter-end – 45 min kept
Fri	PROTECTED BLOCK <u>5:50</u> – <u>7:15</u> am <input checked="" type="checkbox"/>	COMMUTE <u>8:40</u> – <u>9:20</u> <input checked="" type="checkbox"/>	LUNCH <u>1:15</u> – <u>1:45</u> <input checked="" type="checkbox"/>	EVENING <u>9:40</u> – <u>10:10</u> pm 30 min only <input type="checkbox"/>

a real week has gaps – the plan absorbs them.

ONE EVENING FULLY OFF circle yours: **Sat eve** / **Sun eve** NO SYLLABUS · NO GUILT · LOAD-BEARING

SATURDAY · SUNDAY – 6-8 HOURS EACH, ARRANGED YOUR WAY

Sat

HOURS PLANNED 8 / KEPT 6.5

Polity ch 12-14 – FR, full read + notes

full PYQ pass – Money & Banking

Sun

HOURS PLANNED 6 / KEPT 6

consolidation – week's notes, one pager

Judiciary ch 15, first half + plan

THE BAD-DAY FALLBACK **20 min revision · 15 min PYQs · 10 min current affairs – 45 minutes, zero guilt**



SUNDAY CLOSE · 15-30 MIN

What moved this week: Moved: FR done, Judiciary half.

Next week's blocks: Next: finish Judiciary, start Parliament.

My week

WEEK OF _____

This week's topics: _____

MONDAY – FRIDAY · WRITE THE TIMES · TICK THE CIRCLE WHEN THE BLOCK IS DONE

Mon	PROTECTED BLOCK _____ - _____ am <input type="checkbox"/>	COMMUTE _____ - _____ <input type="checkbox"/>	LUNCH _____ - _____ <input type="checkbox"/>	EVENING _____ - _____ pm <input type="checkbox"/>
Tue	PROTECTED BLOCK _____ - _____ am <input type="checkbox"/>	COMMUTE _____ - _____ <input type="checkbox"/>	LUNCH _____ - _____ <input type="checkbox"/>	EVENING _____ - _____ pm <input type="checkbox"/>
Wed	PROTECTED BLOCK _____ - _____ am <input type="checkbox"/>	COMMUTE _____ - _____ <input type="checkbox"/>	LUNCH _____ - _____ <input type="checkbox"/>	EVENING _____ - _____ pm <input type="checkbox"/>
Thu	PROTECTED BLOCK _____ - _____ am <input type="checkbox"/>	COMMUTE _____ - _____ <input type="checkbox"/>	LUNCH _____ - _____ <input type="checkbox"/>	EVENING _____ - _____ pm <input type="checkbox"/>
Fri	PROTECTED BLOCK _____ - _____ am <input type="checkbox"/>	COMMUTE _____ - _____ <input type="checkbox"/>	LUNCH _____ - _____ <input type="checkbox"/>	EVENING _____ - _____ pm <input type="checkbox"/>

ONE EVENING FULLY OFF *circle yours:* **Sat eve** / **Sun eve** NO SYLLABUS · NO GUILT · LOAD-BEARING

SATURDAY · SUNDAY – 6-8 HOURS EACH, ARRANGED YOUR WAY

Sat HOURS PLANNED _____ / KEPT _____

Sun HOURS PLANNED _____ / KEPT _____

THE BAD-DAY FALLBACK **20 min revision · 15 min PYQs · 10 min current affairs — 45 minutes, zero guilt**

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SUNDAY CLOSE · 15-30 MIN

What moved this week: _____

Next week's blocks: _____