



The Weekly Learning Planner, One Page

The whole system on one page. Full reasoning in the complete planner.

5 to 7 hrs / week	8 to 10 hrs / week	12+ hrs / week
• Mon, Wed: concept, 45 min each • Fri: hands on practice, 45 min • Weekend: one project block, 2.5 to 3 hrs • Fixed slot: review, 15 to 20 min	• Mon, Tue: concept, 45 to 60 min each • Wed, Thu: hands on labs, 45 to 60 min each • Sat and Sun: project work, 2 to 3 hrs each • Fixed slot: review, 20 to 30 min	• Mon to Fri: concept and labs, 75 to 90 min each • Sat: deep project block, 3 to 4 hrs • Sun: project plus documentation, 3 to 4 hrs • Fixed slot: review, 30 min

HOW TO SPLIT THE TIME, WHATEVER YOUR TOTAL

Concept 20%	Hands on labs 35%	Projects 30%	Revision / notes 15%
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Weekly review, 5 questions	Signs you're overloading yourself
• What did I actually learn this week • What did I build or change • What's still unclear, name it specifically • Am I on pace for this month's goal • What's next week's single most important focus	• No full day off from this in three weeks or more • Sleeping less to fit in study time • Several half open projects, nothing finished • Guilt on planned rest days • The weekly review has become a chore you skip

Want help fitting this to your actual week.

Tell SWQ IT Academy your real hours and work pattern and we'll help you build the specific version. Email itacademy@swqgroup.com · WhatsApp +91 8123999170 · itacademy.swqgroup.com