

AI Move of the Day · SS-05 · Study Smart

# Exam Week Plan Quest

Exams in a week, no plan? We'll use AI to build a realistic 7-day timetable with breaks, weak-area practice, and no fake "study 12 hours" nonsense.

**Start the quest**

**Copy the timetable prompt**

## YOUR CURRENT LEVEL

# 0 XP

Level 1: Panic Controller

List exam dates

Name weak areas

Run AI prompt

Reality-check the plan

Start first slot today

# Before we start: calm beats cram

A timetable is not a punishment chart. It is a map. The best plan is not the most dramatic plan. It is the plan you can actually follow after school, dinner, homework, sleep, and normal human life.

Today's move: give AI the real details, make it include breaks, then choose the first slot and begin.

## 1 Collect your exam dates

AI cannot plan your week if you give it fog. Give it dates.

Open your exam timetable, school diary, WhatsApp class notice, or whatever official place has the dates. Write the subjects and dates clearly.

### Your class

Example: Class 10

### Exam dates

Monday: Science  
Wednesday: Maths  
Friday: History



#### THOUGHT BULB

“Exams soon” is panic. “Science on Monday, Maths on Wednesday” is information. AI works better with information.

☐

I wrote my real exam dates and subjects.

2

## Name the danger zones

Do not tell AI only your subjects. Tell it where you are weak.

A good timetable spends more time on the chapters that wobble. Be honest. Nobody is watching.

Easy

Medium

Weak

Chapters you can revise quickly.

Chapters you understand but forget.

Chapters that make your brain leave the room.

### Subjects + weak areas

Maths: quadratic equations, trigonometry

Science: electricity numericals, life processes diagrams

History: dates and causes



#### CAUTION BOARD

Do not pretend everything is equally important. That is how timetables become decoration. Weak areas get priority.

☐

I listed my weak areas honestly.

## 3 Copy the timetable prompt

Use ChatGPT, Claude, Gemini, or any AI tool your school allows.

Open a new tab. Paste this prompt. Replace the bracket parts with your real information.

#### **COPY-PASTE PROMPT**

I'm a Class [X] student with exams on [dates].

Subjects + weak areas:

[list your subjects and weak areas]

Make a realistic 7-day study timetable WITH breaks. Doable, not 12 hours a day.

Rules:

1. Put harder subjects and weak areas earlier in the week.
2. Include short revision slots and practice-question slots.
3. Include meals, breaks, and sleep.
4. Keep each study block between 30 and 60 minutes.
5. Give me the timetable in a simple table.
6. At the end, tell me the first slot I should start today.

**Copy prompt**

#### **QUICK MOVE**

The magic words are: **realistic**, **with breaks**, and **weak areas**. Without those, AI may give you a plan only a robot could follow.

☐ I pasted the prompt into AI and got a 7-day timetable.

## 4 **Reality-check the plan**

AI can plan neatly. You have to check whether the plan can survive real life.

Read the AI timetable once like a detective. Your job is to catch impossible slots before they catch you.

☐ No study block is longer than 60 minutes.

☐ There are real breaks, not fake 5-second breaks.

☐ Weak chapters appear more than once.

☐ The plan includes practice questions, not only reading.

☐ The plan leaves enough time for sleep.

### REST IS NOT CHEATING

Your brain stores learning while you rest. A timetable with breaks is not weak. It is smarter than a timetable that collapses by Day 2.

## 5 Ask AI to fix the messy bits

If the plan is too much, say so. Good planning is editing.

If the first timetable looks unrealistic, paste this follow-up prompt. This is not failure. This is the actual skill.

### REPAIR PROMPT

This timetable is too heavy for a normal school week. Make it more realistic.

Please adjust it with these rules:

1. Keep study blocks to 30-45 minutes.
2. Add proper breaks.
3. Put only 2-3 major study goals per day.
4. Keep one light revision slot at night.
5. Tell me what to do if I miss one slot.

### Copy repair prompt

#### THOUGHT BULB

AI is not offended when you correct it. Treat it like a rough draft machine. First answer: useful. Second answer: usually better.

☐

I edited the timetable until it felt doable.

## 6 See what a good output looks like

Your AI output will be different. This is just the shape.

### Example: simple 7-day timetable shape

This is not your final plan. It shows the kind of clean table you want from AI.

| Day          | Main focus        | Study blocks                                           | Break / reset                  |
|--------------|-------------------|--------------------------------------------------------|--------------------------------|
| <b>Day 1</b> | Weakest subject   | 2 blocks concept review + 1 block practice questions   | Walk / snack / no-screen break |
| <b>Day 2</b> | Next exam subject | 1 block summary + 1 block diagrams / formulas + 1 quiz | Short break after every block  |
| <b>Day 3</b> | Mixed revision    | Hard chapter first, easier chapter later               | Early night if exam is close   |

#### CAUTION BOARD

A beautiful timetable that you never start is just wall art. The first slot matters more than the colour coding.

## 7 Print it, pin it, start it

The final move is offline.

Copy the AI timetable into your notebook, print it, or make a simple version on paper. Then start the first slot today. Not tomorrow. Today.

#### WIN CONDITION

You win when the first study block is done. Not when the timetable looks perfect.

☐ I put the timetable somewhere visible and started the first slot today.

## Final 5-minute finish

Open your notebook. Write this sentence and fill the blanks:

**My first study slot today is \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_. I will start with \_\_\_\_\_ because it is my weakest area / next exam / easiest win.**

**Back to top**

Made with care. No data collected.

Questions? Teachers and parents, write to us. Students, speak with your teacher or a grown-up first.