

The weekly session template

What a single ninety-minute session looks like once all four weeks are in place.

Minutes	Activity	Chapter
0–10	Recall last week's topic, closed book	5
10–15	Pretest today's material — headings as questions, attempted cold	8
15–40	Study section 1, then stop and recall it aloud	11, 10
40–45	Break — phone allowed	20
45–70	Study section 2, then stop and recall it aloud	11, 10
70–80	Blank-page recall of the whole session	4
80–90	Log gaps, log errors, schedule the review	16, 5

Notice what is not in there. Rereading. There is no slot for it because it does not earn one.