

What You Need:

- Timer
- A space where you can move freely (a private room might be best)
- Snacks (include a carb with protein or fat)
- Plenty of water
- Study materials

Put away all the distractions, put on the classical music, print out this plan, and let's go!

Hour 1: Study, Move, Hydrate

- 45 Minutes: Study
- 15 minutes: 20 cross jacks, 10 push-ups of choice, 2-minute stretch x3, hydrate

Hour 2: Study, Move, Hydrate

- 45 minutes: Study
- 15 min: 20 mountain climbers, 10 bicycle crunches, 2-minute stretch x 3, hydrate

Hour 3: Study, Walk, Snack, Hydrate

- 45 minutes: Study
- 15 minutes: Walk outside, grab a snack, hydrate

Hour 4: Study, Move, Hydrate

- 45 minutes: Study
- 15 minutes: 20 high knees, 10 side lunges each side, 2-minute stretch x3, hydrate

Hour 5: Study, Move, Hydrate

- 45 minutes: Study
- 15 minutes: 20 skaters, 10 swimmer squeezes (supermans), 2-minute stretch x3, hydrate

Hour 6: Study, Walk, Snack, Hydrate

- 45 minutes: Study
- 15 minutes: Walk outside, grab a snack and hydrate

Hour 7: Study and Celebrate!

- 45 minutes: Study
- 15 minutes: Walk to a friend's place and celebrate your study day!