

SPS Weekly Poker Study Plan



Weekly Theme _____

Week of _____

Hypotheses (what I think I'll learn from this week of study):

1. _____
2. _____
3. _____
4. _____

Quantifiables (trackable stats that indicate any progress made):

- | | | | | | |
|----------|---------------|----------------|----------|---------------|----------------|
| 1. _____ | Start % _____ | Ending % _____ | 2. _____ | Start % _____ | Ending % _____ |
| 3. _____ | Start % _____ | Ending % _____ | 4. _____ | Start % _____ | Ending % _____ |
| 5. _____ | Start % _____ | Ending % _____ | 6. _____ | Start % _____ | Ending % _____ |

Study Methods and Content (HH reviews/forums/videos/game tape, etc., and pre-selected poker content):

Methods Preferred: _____

Online/Book Content: _____

Day 1 _____

Topic Studied: _____

Study Method: _____

Content: _____

In-game Focus: _____

Play Duration: _____

Rate Play: _____

Day 2 _____

Topic Studied: _____

Study Method: _____

Content: _____

In-game Focus: _____

Play Duration: _____

Rate Play: _____

Day 3 _____

Topic Studied: _____

Study Method: _____

Content: _____

In-game Focus: _____

Play Duration: _____

Rate Play: _____

Day 4 _____

Topic Studied: _____

Study Method: _____

Content: _____

In-game Focus: _____

Play Duration: _____

Rate Play: _____

