LEVEL UP

Teen Quest Planner + Study System

Undated • Hyperlinked • GoodNotes & Notability ready • ADHD-friendly

Player name: _____ School year: _____

By KJ Digitalworld



Home Base

Tap any tile to jump. Tap the side tabs from any page.

How to Play

Year at a Glance

Monthly (12)

Weekly (6)

Daily Focus (7)

Brain Dump

Quest Log (4)

XP & Rewards

Subject Tracker

Focus Sprints

Exam Countdown

Grade Tracker

Habit Tracker

Cornell Notes (4)

Dot Grid (3)

Home

Months

Weeks

Daily

Quests

Study

Notes

By: KJ Digitalworld

How to Play

Your life = the game. Tasks = quests. Finishing stuff = XP.

1. Import this PDF into GoodNotes or Notability (Share > Open in...). Links work in both apps.
2. Tabs on the right jump between sections. Duplicate any page to get more copies.
3. Daily Focus: pick only 3 'Must-Do' quests. Everything else goes in 'If I Have Energy'.
4. Break big tasks into tiny steps (5-15 min). Tiny steps = easy starts = less stuck.
5. Brain Dump whenever your head feels noisy. Sort later, not now.
6. Quest Log: Main Quests are big goals, Side Quests are smaller ones. Earn XP, cash in Rewards.
7. Focus Sprints: color one bubble per 25-min session (or 10 min on hard days - still counts!).
8. Missed a day? No streak shame. Just start on the next page. Progress > perfect.

By: KJ Digitalworld

Year at a Glance

Big dates: tests, breaks, birthdays, events

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

Home

Months

Weeks

Daily

Quests

Study

Notes

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August

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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September

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

By: KJ Digitalworld

October

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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November

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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December

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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January

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

February

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

March

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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April

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home
Months
Weeks
Daily
Quests
Study
Notes

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May

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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June

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

July

Write the dates in the corners. Color-code: tests / events / due dates

MON	TUE	WED	THU	FRI	SAT	SUN

Home

Months

Weeks

Daily

Quests

Study

Notes

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Weekly Quest Board

Week of: _____ This week's main quest: _____

MONDAY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
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- [ ] _____

TUESDAY

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WEDNESDAY

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TOP 3 THIS WEEK

- [ ] _____
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- [ ] _____

WINS / XP EARNED

THURSDAY

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FRIDAY

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WEEKEND

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Week of: _____ This week's main quest: _____

MONDAY

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WEDNESDAY

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WEEKEND

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By: KJ Digitalworld

Daily Focus

Date: _____ Energy: ( ) low ( ) okay ( ) high Mood: _____

3 MUST-DO QUESTS

- [ ] _____
  first tiny step: _____ time: ____ min
- [ ] _____
  first tiny step: _____ time: ____ min
- [ ] _____
  first tiny step: _____ time: ____ min

IF I HAVE ENERGY

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DON'T FORGET (MEDS / WATER / BAG / CHARGER)

- [ ] Water
- [ ] Meds
- [ ] Snack
- [ ] Move
- [ ] Charger
- [ ] Bag

TIME BLOCKS

7am
8
9
10
11
12pm
1
2
3
4
5
6
7
8
9

PARKING LOT (RANDOM THOUGHTS -> LATER)

Home
Months
Weeks
Daily
Quests
Study
Notes

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Home
Months
Weeks
Daily
Quests
Study
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Home
Months
Weeks
Daily
Quests
Study
Notes

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Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

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PARKING LOT (RANDOM THOUGHTS -> LATER)

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

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IF I HAVE ENERGY

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Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

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PARKING LOT (RANDOM THOUGHTS -> LATER)

Home
Months
Weeks
Daily
Quests
Study
Notes

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Brain Dump

Empty your head. No order, no judgement. Sort it later.

DO TODAY

- [ ]
- [ ]
- [ ]
- [ ]

THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

SOMEDAY

- [ ]
- [ ]
- [ ]
- [ ]

LET IT GO

- [ ]
- [ ]
- [ ]
- [ ]

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

Quest Log

Main quests change your life. Side quests make it fun.

MAIN QUEST

Quest: _____

Why it matters: _____

Deadline: _____

Reward: _____

STEPS / MISSIONS

- [ ] _____
- [ ] _____
- [ ] _____

PROGRESS ▢▢▢▢▢▢▢▢▢▢

BOSS BATTLES (HARD STUFF) + STRATEGY

SIDE QUESTS

	XP	DONE
		▢
		▢
		▢
		▢
		▢
		▢
		▢
		▢
		▢
		▢
		▢
		▢

Quest Log

Main quests change your life. Side quests make it fun.

MAIN QUEST

Quest: _____

Why it matters: _____

Deadline: _____

Reward: _____

STEPS / MISSIONS

- [ ] _____
- [ ] _____
- [ ] _____

PROGRESS ▢▢▢▢▢▢▢▢▢▢

BOSS BATTLES (HARD STUFF) + STRATEGY

SIDE QUESTS

	XP	DONE
		▢
		▢
		▢
		▢
		▢
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Quest Log

Main quests change your life. Side quests make it fun.

MAIN QUEST

Quest: _____

Why it matters: _____

Deadline: _____

Reward: _____

STEPS / MISSIONS

- [ ] _____
- [ ] _____
- [ ] _____

PROGRESS ▢▢▢▢▢▢▢▢▢▢

BOSS BATTLES (HARD STUFF) + STRATEGY

SIDE QUESTS

	XP	DONE
		▢
		▢
		▢
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Quest Log

Main quests change your life. Side quests make it fun.

MAIN QUEST

Quest: _____

Why it matters: _____

Deadline: _____

Reward: _____

STEPS / MISSIONS

- [ ] _____
- [ ] _____
- [ ] _____

PROGRESS ▢▢▢▢▢▢▢▢▢▢

BOSS BATTLES (HARD STUFF) + STRATEGY

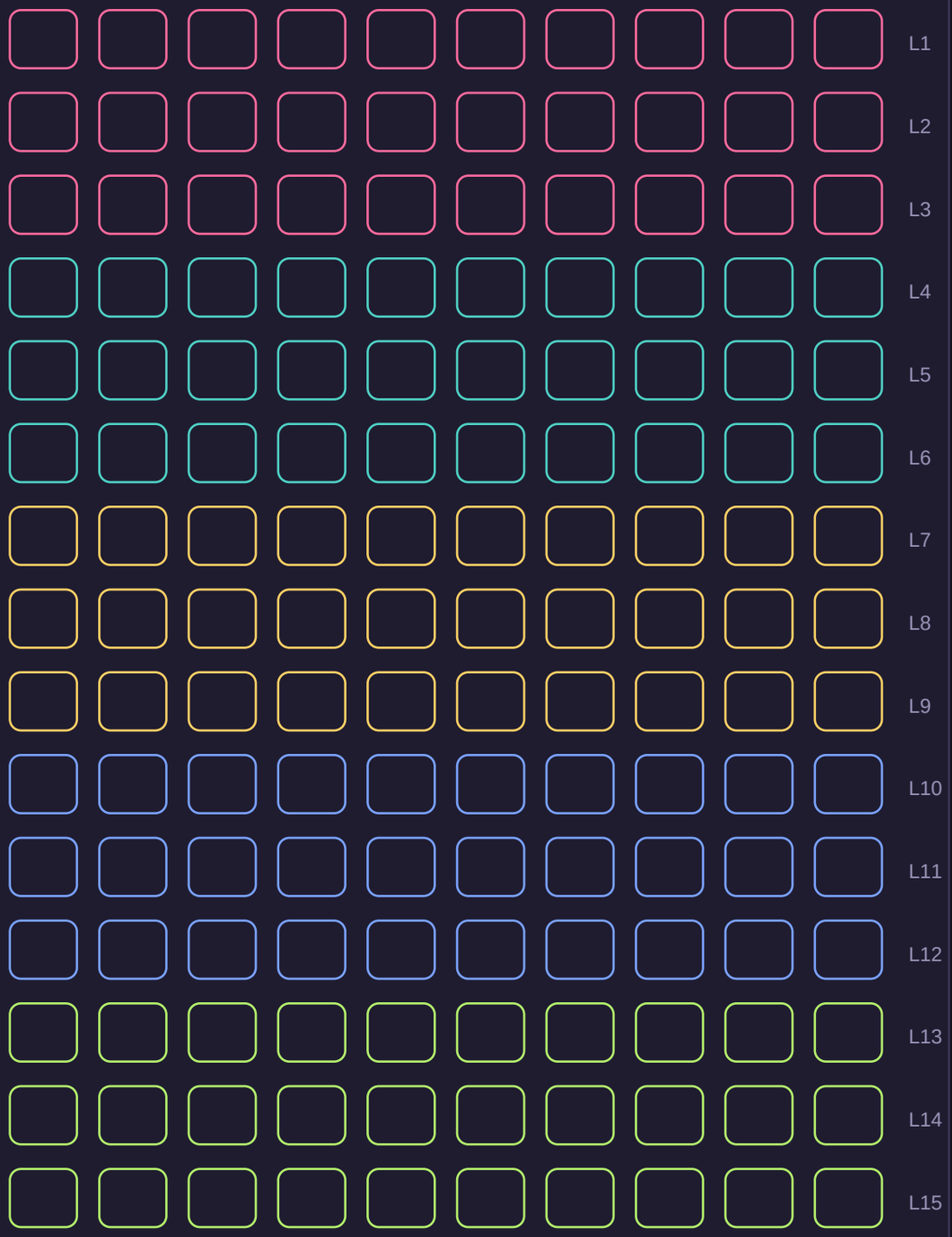
SIDE QUESTS

	XP	DONE
		▢
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XP & Rewards Shop

Earn XP from quests. Spend it on rewards YOU pick.

XP BAR - COLOR 1 BOX PER 10 XP



REWARDS SHOP

	COST	GOT IT
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Home
Months
Weeks
Daily
Quests
Study
Notes

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Subject Tracker

One row per class. Track what's due and how you're feeling about it.

SUBJECT	TEACHER	HOMEWORK / DUE	NEXT TEST	CONFIDENCE 1-5
				○ ○ ○ ○ ○
				○ ○ ○ ○ ○
				○ ○ ○ ○ ○
				○ ○ ○ ○ ○
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				○ ○ ○ ○ ○

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld

Focus Sprints

Color a bubble per sprint (25 min, or 10 min on hard days).

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

Date ____ Subject _____

By: KJ Digitalworld

Exam Countdown

List tests in order. Start studying at the 'Start by' date.

TEST	DATE	DAYS LEFT	START BY	TOPICS TO REVIEW	READY?
					☐
					☐
					☐
					☐
					☐
					☐
					☐
					☐
					☐

By: KJ Digitalworld

Grade Tracker

Track scores so there are no surprises on report cards.

SUBJECT: _____

ASSIGNMENT	SCORE

SUBJECT: _____

ASSIGNMENT	SCORE

SUBJECT: _____

ASSIGNMENT	SCORE

SUBJECT: _____

ASSIGNMENT	SCORE

SUBJECT: _____

ASSIGNMENT	SCORE

SUBJECT: _____

ASSIGNMENT	SCORE

By: KJ Digitalworld

Habit Tracker

Month: _____ Color a dot when you do it. Gaps are okay.

habit:

habit:

habit:

habit:

habit:

habit:

habit:

habit:

habit:

habit:

Home

Months

Weeks

Daily

Quests

Study

Notes

By: KJ Digitalworld

Cornell Notes

Class: _____ Topic: _____ Date: _____

CUES / QUESTIONS

NOTES

SUMMARY (EXPLAIN IT LIKE I'M 10)

By: KJ Digitalworld

Home

Months

Weeks

Daily

Quests

Study

Notes

Cornell Notes

Class: _____ Topic: _____ Date: _____

CUES / QUESTIONS

NOTES

SUMMARY (EXPLAIN IT LIKE I'M 10)

By: KJ Digitalworld

Home

Months

Weeks

Daily

Quests

Study

Notes

Cornell Notes

Class: _____ Topic: _____ Date: _____

CUES / QUESTIONS

NOTES

SUMMARY (EXPLAIN IT LIKE I'M 10)

By: KJ Digitalworld

Home

Months

Weeks

Daily

Quests

Study

Notes

Cornell Notes

Class: _____ Topic: _____ Date: _____

CUES / QUESTIONS

NOTES

SUMMARY (EXPLAIN IT LIKE I'M 10)

By: KJ Digitalworld

Home

Months

Weeks

Daily

Quests

Study

Notes

Dot Grid

Mind maps, doodles, diagrams, anything.



Home

Months

Weeks

Daily

Quests

Study

Notes

By: KJ Digitalworld

Dot Grid

Mind maps, doodles, diagrams, anything.



Home

Months

Weeks

Daily

Quests

Study

Notes

By: KJ Digitalworld

Dot Grid

Mind maps, doodles, diagrams, anything.

Home
Months
Weeks
Daily
Quests
Study
Notes

By: KJ Digitalworld