

Spaced Repetition Schedule Template

The scientifically optimal intervals for moving information into long-term memory

Spaced repetition exploits the spacing effect — the finding that memory is stronger when study sessions are spread out over time rather than crammed into one session. Ebbinghaus's forgetting curve shows we lose roughly 70% of new information within 24 hours without review. But each review at the right interval resets the curve and doubles the retention window.

The Optimal Review Schedule

REVIEW 1

Same day (within 24 hours)

REVIEW 2

Day 3 (2 days after first review)

REVIEW 3

Day 7 (1 week)

REVIEW 4

Day 14 (2 weeks)

REVIEW 5

Day 30 (1 month)

REVIEW 6

Day 90 (3 months)

THE RESET RULE

If your child gets the answer wrong at any review, reset that item back to Review 1. The whole point is that easy items get reviewed less and hard items get reviewed more.

Subject Tracking Sheet

Use one row per topic or concept. Write the date you plan each review, then check it off when completed.

TOPIC / CONCEPT	DATE LEARNED	DAY 1 REVIEW	DAY 3 REVIEW	DAY 7 REVIEW	DAY 14 REVIEW	DAY 30 REVIEW	DAY 90 REVIEW

Review Techniques by Age

AGE	BEST REVIEW METHODS	SESSION LENGTH
3–5 years	Flashcards with pictures, songs, physical games, puppet shows	5–8 minutes
6–8 years	Flashcards, verbal quiz games, drawing from memory, teaching a stuffed animal	8–12 minutes
9–11 years	Self-testing with cards, fill-in-the-blank, explain to parent, whiteboard quizzes	12–15 minutes
12+ years	Anki or Quizlet digital flashcards, practice problems, teach-back method	15–20 minutes

Weekly Spaced Repetition Planner

DAY	NEW MATERIAL	DAY-3 REVIEWS	DAY-7 REVIEWS	DAY-14+ REVIEWS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday	No new material	Catch-up reviews	Catch-up reviews	Catch-up reviews

Sunday is for catching up on reviews only — no new material. If reviews are piling up, reduce the amount of new material introduced per day. A child should spend roughly 70% of study time reviewing and 30% on new content.

IMPORTANT

Spaced repetition only works for material that can be recalled as discrete facts or concepts (vocabulary, math facts, science terms, historical dates). For skills (writing, problem-solving, musical performance), use deliberate practice instead.

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