

Make It Stick

by Peter C. Brown, Mark McDaniel

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a blank-page recall**

After reading a section, close the book and write the main idea, two details, and one application before checking your notes.

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⁰² **Space your next review**

Schedule three short returns: tomorrow, three days from now, and one week later. Start each with retrieval before review.

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⁰³ **Interleave the drill**

Mix three related problem types or concepts in one session so you must choose the right approach instead of repeating a pattern.

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⁰⁴ **Generate before instruction**

Before watching the explanation or reading the solution, predict the answer, method, or principle and mark your confidence.

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⁰⁵ **Convert highlights into questions**

Turn every highlighted sentence into a prompt you can answer later without looking at the page.