Practice workbook

hifz-for-working-adults · Illustrative learning activities; blank fields are for your own notes.

activity 1

Available session	First task	Add only if time and accuracy allow
Very short	One previously corrected portion	Record one question
Ordinary	Recent plus selected older review	Small new portion
Longer, rested slot	Review and teacher-selected repair	Guided new memorization

activity 2

Day	Protected slot	Review priority	New work	Fallback
Monday	Before work, if rested	Recent portion	Optional small portion	One corrected transition
Tuesday	After a normal break	Older group A	None required	Read the assigned review
Wednesday	Agreed lesson slot	Teacher check and repair	Teacher-assigned only	Record questions if rescheduled
Thursday	Short home slot	Recent portion	Optional	Same correction in context
Friday	Short home slot	Older group B	None required	Smaller review unit
Saturday	Longer suitable slot	Rotation and weak portion	Only after review	Repair priority
Sunday	Planning slot	Selected recall check	Set next week's task	Keep baseline for busy week

activity 3

Shift situation	Anchor event	Task reference	Adjustment
Early shift	A settled break after returning home		Avoid an exhausting new-work target
Late shift	A rested period before leaving		Check revision first
Night shift	After sufficient recovery, not automatically after shift		Use a small task if tired
Day off	Agreed teacher or longer review slot		Repair missed weak portions
Unexpected overtime	First realistic brief slot		Resume baseline, reduce new work