

Spaced Repetition Cheat Sheet

Review things just before you would forget them, and the gaps get longer each time.



WHAT IT IS

Reading your notes again feels productive but fades fast. Testing yourself, then coming back to the same item after a gap, makes it stick far longer. Spaced repetition automates the gaps: each time you get an item right, the next review moves further out. Get it wrong and it comes back soon.

THE SCHEDULE



A wrong answer at any step sends the item back to a 1-day gap and starts the climb again. Gaps follow the SM-2 method: 1 day, then 6 days, then the last gap times 2.5.

TRACK IT ON PAPER

Item (question or term)	Date missed	Check 1: now	Check 2: +1 day	Check 3: +6 days	Check 4: +15 days

Right all four times and you can retire the item. Wrong at any check: cross out the rest and start a fresh row.

HOW IT MAPS TO THE REVIEW QUEUE

- Every wrong answer in an Adaptive Quiz, a 60-Sec Burst, or a subject quiz is added to the queue automatically.
- The "Due for Review" panel shows the questions that are due. Start Review runs them as a quiz.
- A right answer pushes that question's next review further out. A wrong answer resets it to 1 day.
- A question you answer right once its gap reaches 21 days or more graduates and leaves the queue.
- Stopping a review early is safe: the questions you already answered keep their progress.

RULES OF THUMB

- Test yourself first, then check the answer. Trying to recall beats rereading.
- Short and often beats long and rare: ten to fifteen minutes a day is plenty.
- Start each session with whatever is due, then add new material.
- Don't save it all for the night before. Spread reviews across the days you have.

Get more at [excelerator.com](https://www.excelerator.com)

Your Review Queue runs this schedule for you: every question you miss comes back when it is due.