



Revision Planner

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Subject | No. of Sessions |
|------|--------|---------|-----------|----------|--------|----------|--------|---------|-----------------|
| 9am | | | | | | | | | |
| 10am | | | | | | | | | |
| 11am | | | | | | | | | |
| 12pm | | | | | | | | | |
| 1pm | | | | | | | | | |
| 2pm | | | | | | | | | |
| 3pm | | | | | | | | | |
| 4pm | | | | | | | | | |
| 5pm | | | | | | | | | |
| 6pm | | | | | | | | | |
| 7pm | | | | | | | | | |
| 8pm | | | | | | | | | |

REMEMBER TO:

- Give yourself time for breaks - stretch, go for a walk, have a snack
- Drink water - staying hydrated helps to keep your brain on top form
- Recharge your batteries - give yourself 10 to 30min power nap, remember to set an alarm
- Make your plan realistic - start small with achievable targets