



Daily Planner

Important points to remember:

- Eating the right foods, drinking plenty, having socialising time, exercising, sleeping, relaxing, chunking revision, avoiding distractions.
- Plan your day and be performance ready!

Now it is time to perform your best by planning your day and being prepared.

My daily priorities:

8:00am:	4:00pm:
9:00am:	5:00pm:
10:00am:	6:00pm:
11:00am:	7:00pm:
Midday:	8:00pm:
1:00pm:	9:00pm:
2:00pm:	10:00pm:
3:00pm:	11:00pm:

Weekly Planner

Important points to remember:

- Eating the right foods, drinking plenty, having socialising time, exercising, sleeping, relaxing, chunking revision, avoiding distractions.
- Plan your week and be performance ready!

Now it is time to perform your best by planning your day and being prepared.

My daily priorities:

	Period 1	Period 2	Period 3	Period 4	Period 5	3:00pm	4:00pm	5:00pm	6:00pm	7:00pm	8:00pm
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
	10:00am - 11:00am	11:00am - 12:00pm	12:00pm - 1:00pm	1:00pm - 2:00pm	2:00pm - 3:00pm	3:00pm - 4:00pm	4:00pm - 5:00pm	5:00pm - 6:00pm	6:00pm - 7:00pm	7:00pm - 8:00pm	8:00pm - 9:00pm
Saturday											
Sunday											