## REVISION CHECKLIST



Each day do you have	Each	day	do	you	hav	e:
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Time for three meals a day	$\bigcirc$
Time outside and/or doing exercise	0
Time for tea breaks	0
A variety of subjects to study	Ŏ
Your subjects broken down into specific topics	Ŏ
Time prioritised to topics you find more difficult	Ŏ
Achievable goals that once met give yourself a reward	Ŏ
Revision sessions you may want to attend in your diary	O
Time to prepare for the next day	Ŏ
At least an hour off before bed	Ō

