



WEEKLY PLANNER

DATE: _____ TO _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEXT WEEK

TOP TIPS

- Start by writing in commitments, like sleep, play rehearsal, etc.
- Set your priorities: spend the most time on things you need to study the most.
- Plan in regular breaks. If you are studying for 30 minutes, focus completely for 25 minutes and break for 5.
- Don't spend more than 2 hours at a time on any one subject. But do group similar subjects together (e.g. spend the morning doing languages, the afternoon doing maths/sciences).
- Train hard: Reward yourself for sticking to your plan for 'X' hours (or days). A film or an evening out with friends, for example.
- This is YOUR plan: write activities in pencil and don't be afraid to change.
- **SUPER IMPORTANT:** be kind to yourself. If you 'mess up' one day, don't quit! Every day is a new chance to be your best self and follow your own plan.