TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

## WEEKLY REVISION SCHEDULE

DATE FROM:\_\_\_\_ TO:\_\_\_\_



☐ Print off one or two each week

☐ Set the times you wish to study on the left. 30 - 60 minute slots are usually most effective

☐ Be specific with each activity.

HOW TO USE

- ☐ For weekend days and breaks, plan your whole day and include activities like meals, recreation, etc.
- 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.