

REVISION CHECKLIST

Each day do you have:

- ☐ Time outside and/or exercise
- ☐ Time for tea breaks
- ☐ A variety of subjects to study
- ☐ Your subjects broken down into specific topics
- ☐ Time prioritised to topics you find more difficult
- ☐ Achievable goals that once met give yourself a reward
- ☐ Time to prepare for the next day
- ☐ At least an hour off before bed

