

# Week Beginning: Monday \_\_\_\_\_

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Time to work	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Subject:  Topic(s):						
RELAX AND HAVE DINNER / TEA / Check Social Media / Watch TV ETC.							
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	Subject:  Topic(s):						
<b>RELAX!!!</b>							

Things I agree to do when revising...

- **Leave my mobile in the kitchen (or with my parent/carer or switch it off / put on 'Airplane Mode' and don't look at it until my revision session is done.**
- Keep off MSN or any other such systems!!!
- Revise in short bursts and **tick off when I've done it and cross off when I know it.**
- Work up to the 45 minutes and beyond if I need to get things finished, but don't exceed an hour.

