

Stay organised.

If you're feeling your best, you're more likely to deliver your best. Use this interactive planner to **make sure you're balancing your revision time with prioritising your wellbeing.**

Block out revision time in one colour and block out your wellbeing activities (such as exercise, socialising and mindfulness) in other colours.

The orange section will help you to track the time you wake up and go to sleep, your mood each day and the time you spend on wellbeing.

At the end of the day, track how many hours you spent revising and compare it to how many hours you dedicated to wellbeing to make sure you are balancing your study and rest time.

Track	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up time							
Mood							
08:00							
09:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
Time spent on revision							
Time spent on wellbeing activity							
Bed time							