

Stay organised.

Use this planner to make sure you are balancing your revision time with activities inspired by the 5 ways to wellbeing: **Take Notice**, **Be Active**, **Give**, **Keep Learning** and **Connect**.

Block out revision time in one colour and block out activities based on each of the five ways to wellbeing in five different colours.

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

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							
Revision							
Exercise							
Wellbeing/Rest							
Bed time							