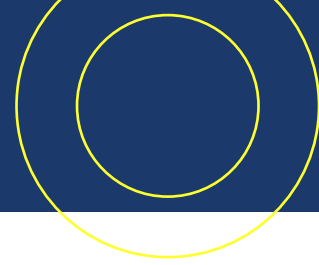


Weekly Exam Preparation Planner

Stay organised. Stay balanced. Do your best.



Student Name: _____

Class / Grade: _____

Week Beginning: _____

Exam / Subject Focus: _____

WEEKLY GOALS

- Goal 1: _____
- Goal 2: _____
- Goal 3: _____
- Goal 4: _____
- Goal 5: _____

SUBJECT-WISE TIMETABLE — What to cover each day

MON	TUE	WED	THU	FRI	SAT	SUN
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

DAILY PRIORITIES (top 3 for today)

1. _____
2. _____
3. _____

WEEKLY REFLECTION

GOALS ACHIEVED THIS WEEK

- _____
- _____
- _____

Daily Revision Tracker

Track your progress — every session counts.

Monday

Subject _____ Topic / Chapter _____ Pages Done _____

Tuesday

Subject _____ Topic / Chapter _____ Pages Done _____

Wednesday

Subject _____ Topic / Chapter _____ Pages Done _____

Thursday

Subject _____ Topic / Chapter _____ Pages Done _____

Friday

Subject _____ Topic / Chapter _____ Pages Done _____

Saturday

Subject _____ Topic / Chapter _____ Pages Done _____

Sunday

Subject _____ Topic / Chapter _____ Pages Done _____

Practice Tests - Wellness Trackers

Study hard. Rest well. Stay healthy.

PRACTICE TEST RECORD

Date	Subject	Test / Paper	Score	Topics to Revise

WATER INTAKE TRACKER (8 glasses/day)

Mon: ○ ○ ○ ○ ○ ○ ○ ○

Tue: ○ ○ ○ ○ ○ ○ ○ ○

Wed: ○ ○ ○ ○ ○ ○ ○ ○

Thu: ○ ○ ○ ○ ○ ○ ○ ○

Fri: ○ ○ ○ ○ ○ ○ ○ ○

Sat: ○ ○ ○ ○ ○ ○ ○ ○

Sun: ○ ○ ○ ○ ○ ○ ○ ○

EXERCISE CHECKLIST

Monday — Activity: _____ Duration: _____

Tuesday — Activity: _____ Duration: _____

Wednesday — Activity: _____ Duration: _____

Thursday — Activity: _____ Duration: _____

Friday — Activity: _____ Duration: _____

Saturday — Activity: _____ Duration: _____

Sunday — Activity: _____ Duration: _____

SLEEP TRACKER (aim: 7–9 hrs)

Mon: Bedtime: _____ Wake: _____ Hours slept: _____

Tue: Bedtime: _____ Wake: _____ Hours slept: _____

Wed: Bedtime: _____ Wake: _____ Hours slept: _____

Thu: Bedtime: _____ Wake: _____ Hours slept: _____

Fri: Bedtime: _____ Wake: _____ Hours slept: _____

Sat: Bedtime: _____ Wake: _____ Hours slept: _____

Sun: Bedtime: _____ Wake: _____ Hours slept: _____

NOTES & REMINDERS

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