PRINTABLE · PARENT GUIDANCE

Parent Exam Support Checklist

Help parents provide consistent support during exam preparation. Tick a box each day you complete that habit — one page per week.

Week of: _____ **Child's name:** _____

Daily Focus Area	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Daily encouragement	☐	☐	☐	☐	☐	☐	☐
Healthy meals	☐	☐	☐	☐	☐	☐	☐
Sleep tracker	☐	☐	☐	☐	☐	☐	☐
Study environment	☐	☐	☐	☐	☐	☐	☐
Break reminders	☐	☐	☐	☐	☐	☐	☐
Positive communication	☐	☐	☐	☐	☐	☐	☐
Weekly review	☐	☐	☐	☐	☐	☐	☐

Weekly Reflection

What went well this week?

What could we try differently next week?

Printable Layout: Checkbox format · one week per page. Print a fresh copy each week of exam season.