

Study Timetable

	9am	10am	11am	12	1pm	2pm	3pm	4pm	5pm	6pm
Saturday										
Sunday										

Day/Date -	Morning	Afternoon	Early evening (before dinner)	Later evening (after dinner)	Done tick or cross
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

	9am	10am	11am	12	1pm	2pm	3pm	4pm	5pm	6pm
Saturday										
Sunday										

- At least 2 boxes filled in a day, and no more than 2 rest days.
- Complete on a Monday for the week ahead to allow planning for specific subjects.
- Ensure study is specific.
- 30-45 minute study sessions.