

My daily revision and self-care checklist



Stick to my bedtime routine

Eat regular meals & snacks

Drink 2-3L water

Study in 20-30 minute slots

Focus on one topic at a time

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Take regular breaks

Get outside

Talk to others

Remind myself of what I've achieved today



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Fill out the checklist with your daily goals for studying and looking after yourself. Your goals might include keeping a bedtime routine, eating regular meals, and breaking revision down into manageable tasks.

