NOSTRESS PREP | FREE STUDY RESOURCE

Your Weekly Study Planner

A simple plan can make a big exam feel more manageable. Choose a few clear priorities, make time for focused study, and check your progress as you go.

Name		**Exam / Subject**	
Week beginning		**Exam date**	

1. Set your priorities

This week, I want to:		
1.		
2.		
3.		

2. Map out your study week

DAY	STUDY TASK / TOPIC	TIME	DONE
MONDAY			■
TUESDAY			■
WEDNESDAY			■
THURSDAY			■
FRIDAY			■
SATURDAY			■
SUNDAY			■

3. Keep it realistic

One short break I'll take:	One thing I'll do to stay focused:

A good study week isn't a perfect week. If you miss a session, adjust the plan and start again.

Study Review Log

Use this page after a study session or practice test. A quick review helps you spot what’s improving and decide what to work on next.

1. Record each study session

DATE	SUBJECT / TOPIC	WHAT I DID	TIME	FOCUS 1–5

2. Review what you’ve learned

What do I understand better now?
What still feels difficult or confusing?
What will I review or practise next?

3. Practice test reflection

Practice test / quiz		**Score**	
My strongest area		**My next target**	

Small, consistent steps add up. Keep showing up, keep reviewing, and give yourself credit for the progress.