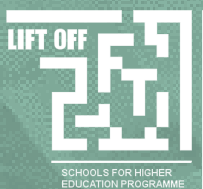


LIFT OFF STUDY PLANNER 2020

A LIFT OFF planning resource to support your
exam revision and coursework deadlines



THIS IS

LIFT OFF

MONTHLY GOALS

Goals	Steps to make it happen	Achieved Y/N

Smaller Goals	Notes
◇ _____ _____	
◇ _____ _____	
◇ _____ _____	

Week 1	
Week 2	
Week 3	
Week 4	

THIS IS

LIFT OFF

WEEKLY PLANNER

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

To-do List

- ◇ _____
- _____
- ◇ _____
- _____
- ◇ _____
- _____
- ◇ _____
- _____

Notes

Blank area for notes.

THIS IS

LIFT OFF

WEEKLY DASHBOARD

Important

Reminders

Tasks/Assignments

Next Week

THIS IS

LIFT OFF

DAILY ACTION PLAN

Morning

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

Date:

Study goal:

Afternoon

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

Priorities

Evening

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

To-do list

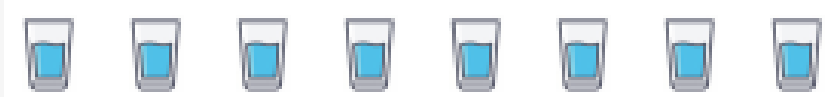
Notes

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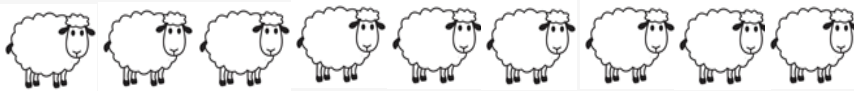
HEALTH & WELLBEING

Water Tracker



Hydration is important for your overall health and helps you avoid dehydration headaches. Aim for 8 glasses of water per day - you can also track diluting juice!

Sleep Tracker



Teens should aim to get just over 9 hours of sleep per night. This helps improve concentration and focus, particularly important when you're working towards a study goal.

Self care activities

- ◇ _____
- _____
- ◇ _____
- _____
- ◇ _____
- _____
- ◇ _____
- _____

Movement log

- ◇ _____
- _____
- ◇ _____
- _____
- ◇ _____
- _____
- ◇ _____
- _____

It is important to make some time for self-care during busy revision or study periods. Whether it's a great book, Netflix show, crafting or listening to your favourite music, make sure there is some room for it in your schedule.

Aiming for around 60 minutes of physical activity will help to improve your concentration and have a positive impact on your overall mental health. This could be a brisk walk, a game of football, a free online fitness class; anything that you enjoy doing!