

2021 Exam Study Planner

31 May - 6 June Weekly Goals _____ _____ _____ _____ _____ _____ _____ _____	Monday 31 May	Tuesday 1 June	Wednesday 2 June
			*Batyr international students' exam prep
	Thursday 3 June	Friday 4 June	Weekend 5-6 June
		*Baking on a budget *Tips for taking online exams	

7-13 June Weekly Goals _____ _____ _____ _____ _____ _____ _____ _____	Monday 7 June	Tuesday 8 June	Wednesday 9 June
	*Meet the Library online *Mindfulness session	*Meet the Library Online *Plan your Exam Ready	*Focus & Study *Meet the Library online
	Thursday 10 June	Friday 11 June	Weekend 12-13 June
	*Coffee & Croissants *Focus & Study *Mindfulness *Meet the Library online *Plan your Exam Ready	*Meet the Library online	

Drink water 31 May - 6 June

M	○	○	○	○	○	○	○	○	○
T	○	○	○	○	○	○	○	○	○
W	○	○	○	○	○	○	○	○	○
T	○	○	○	○	○	○	○	○	○
F	○	○	○	○	○	○	○	○	○
S	○	○	○	○	○	○	○	○	○
S	○	○	○	○	○	○	○	○	○

Daily self-care 31 May - 6 June

Woke up at :	M	T	W	T	F	S	S
Did mins of exercise							
Did something I enjoy							
Had 3 healthy meals							
Talked with someone							
Went outside							
Went to sleep at :							








Drink water 7 - 13 June

M	○	○	○	○	○	○	○	○	○
T	○	○	○	○	○	○	○	○	○
W	○	○	○	○	○	○	○	○	○
T	○	○	○	○	○	○	○	○	○
F	○	○	○	○	○	○	○	○	○
S	○	○	○	○	○	○	○	○	○
S	○	○	○	○	○	○	○	○	○

Daily self-care 7 - 13 June

Woke up at :	M	T	W	T	F	S	S
Did mins of exercise							
Did something I enjoy							
Had 3 healthy meals							
Talked with someone							
Went outside							
Went to sleep at :							

Self-care pro tips

 <p>1. Sleep Get to bed and wake up at the same time each day. Avoid caffeine and have wind-down time before bed.</p>	 <p>2. Eat Have 3 healthy meals each day and healthy snacks. Treat yourself with something delicious and healthy.</p>	 <p>3. Get outside Get a little time outside each day. Enjoy the fresh air and sunshine.</p>	 <p>4. Drink Drink at least 8 cups of water a day. Colour in a droplet in the planner each time you do.</p>	 <p>5. Relax Take some time out for you. Do something each day that makes you happy.</p>	 <p>6. Connect Take some time to chat with someone else each day. You can meet new people at Coffee and Croissants.</p>	 <p>7. Move Do 30-60 mins of physical activity daily.</p>
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