

# Weekly Revision Planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8	Up and shower	Up and Shower	Up and Shower	Up and Shower	Up and Shower	Lie in	
8-9	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Lie in	
9-10	Revise module 1					Free Time	
10-11	Revise Module 1					Free Time	
11-12	Walk— module 2					Free Time	
12-13	Module 2		Lunch			Free Time	
13-14	Lunch	Lunch	Attend mindfulness session	Lunch	Lunch		
14-15	Dissertation						
15-16	Dissertation						
16-17	Dissertation						
17-18	Dinner	Dinner	Dinner	Dinner	Dinner		
18-19	Review of today's learning						
19-20	Gym						
20-21	Socialise						
21-22	Prepare for sleep						