

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4.00-5.00	 English revision				
5.00-6.00					
6.00-7.00	maths revision 				
7.00-8.00					
8.00-9.00	 talk to friends or family				
9.00-10.00	 take a shower/bath to help relax keep clean				
10.00-11.00					

What might stop me from revising?

What can I do to help this?

Who can I talk to?

What out of school commitments do I already have ....

Drum practice 4.00-5.00pm every Thursday



Visit nan 3.30-5.00pm for dinner every Monday

Meet my friends at the park 5.00-6.30 every Friday

TIME	SATURDAY	SUNDAY
9.00-10.00		
10.00-11.00		
11.00-12.00		
12.00-1.00		
1.00-2.00		
2.00-3.00		
3.00-4.00		
4.00-5.00		
5.00-6.00		
6.00-7.00		
7.00-8.00		
8.00-9.00		
9.00-10.00		
10.00-11.00		

