

EDITABLE RESOURCE

30-Day Examination Preparation Planner

Plan revision, practice, wellbeing and review across the final month before examinations.

How to use: Enter your examination dates and subjects, then plan backwards. Keep each day realistic and protect sleep, breaks and recovery.

Student name

Class / grade

Examination period

Start date

Target completion date

Subject Priority Map

Subject	Exam date	Confidence 1-5	Important topics	Priority

Days 1-7

Day	Main revision focus	Practice / retrieval task	Time planned	Done
1				
2				
3				
4				
5				
6				
7				

Weekly Review

What did I complete?

What needs to move into next week?

How will I protect sleep, movement and breaks?

Days 8-14

Day	Main revision focus	Practice / retrieval task	Time planned	Done
8				
9				
10				
11				
12				
13				
14				

Weekly Review

What did I complete?

What needs to move into next week?

How will I protect sleep, movement and breaks?

Days 15-21

Day	Main revision focus	Practice / retrieval task	Time planned	Done
15				
16				
17				
18				
19				
20				
21				

Weekly Review

What did I complete?

What needs to move into next week?

How will I protect sleep, movement and breaks?

Days 22-28

Day	Main revision focus	Practice / retrieval task	Time planned	Done
22				
23				
24				
25				
26				
27				
28				

Weekly Review

What did I complete?

What needs to move into next week?

How will I protect sleep, movement and breaks?

Days 29-30 and Final Review

Day	Focus	Materials ready	Wellbeing check	Done
29	Targeted review of remaining gaps			☐
30	Light recall, preparation and early rest			☐

Examination Readiness Checklist

- ☐ I know the examination timetable and reporting arrangements.
- ☐ I have practised retrieving information without looking at notes.
- ☐ I have completed timed or application-based practice.
- ☐ I have reviewed mistakes and misconceptions.
- ☐ My materials and identification requirements are ready.
- ☐ I have planned sleep, meals, travel and breaks.