

My Personal Plan

Area	What I'm going to do
Eating and drinking	<p>Reduce my intake of fizzy drinks to 2 cans per week</p> <p>Don't eat within 3 hours of going to bed</p>
Sleep	<p>Be in bed by 10pm on school nights</p> <p>Turn off all phones and laptops 30 minutes before bedtime</p>
Exercise	<p>Get up 30 minutes earlier than normal and use this for power walking</p>
Breathing	<p>Practice yoga through online tuition</p>
Fun	<p>Go bowling with my friends at least once a week</p>
Study skills	<p>Make sure I am working in a tidy study area and make a list of things I need to have to hand to make every study session effective</p>
Planning	<p>Produce a weekly schedule to cover school, leisure, exercise, fun, family and studying</p>
Notes and testing	<p>Take previous exam papers in my study areas to see how I measure up.</p> <p>Compare my response to recommended test paper answers</p>