MONTH

My study calendar

Start here each month

Why short sessions? About 30 minutes on most days helps you remember more than cramming the same hours into one night.

1 My free times

Shade when you could study

	6-9a	9a-12	12-3p	3-6p	6-9p	9p-12
M						
T						
W						
Th						
F						
Sa						
Su						

Have a study group? Compare free times. Pick meet-up days and mark them on your calendar.

2 Big dates to plan around

Write work, family and school dates first

Date	What's happening

3 On your calendar

Plan your study days

EXAMPLE DAY

Tue 12 ← 1 ✓ 👥 ← 4

Main topic

Levels of decontamination ← 2

SDS

Single-use items 3

1. **Pick study days inside your free times.** Plan one week at a time.
2. **Write one main topic on each study day.** Start with big, shaky areas.
3. **Under it, add 1 or 2 old topics.** You'll quiz yourself on them again. These are your bring-backs.
4. **Mark special days.** ✓ practice test 👥 study group meet-up

Tip: write the main topic in one pen color and bring-backs in another, like the example.

My study calendar

page 1 of 2 · weeks 1 to 3 **Month** _____ **My test date** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 2	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 3	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map

KEY

Main topic new to you that day
Below main topic topics to study again (bring-backs)

study group meet-up
practice test day
Sunday: re-rate your exam map, then move areas on Where to start (S9)

When a bring-back comes back: rated 1 → tomorrow · 2 → in 3 days · 3 → in a week. It moves with your rating, so it's not the same day each week.

Scan to see a filled-in example

My study calendar

page 2 of 2 · weeks 4 to 6 **Month** _____ **My test date** _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 4	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 5	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map
WEEK 6	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic	Main topic Re-rate my map

KEY

Main topic new to you that day
Below main topic topics to study again (bring-backs)
study group meet-up
practice test day
Sunday: re-rate your exam map, then move areas on Where to start (S9)

When a bring-back comes back: rated 1 → tomorrow · 2 → in 3 days · 3 → in a week. It moves with your rating, so it's not the same day each week.

Scan to see a filled-in example