30-Day Exam Countdown Planner

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Count down to your exams with clear phases, small daily tasks and a final-week checklist

Name _____ **First exam** _____

My exams

Subject	Exam date	Topics to focus on	My goal

My revision goals

1. _____
2. _____
3. _____

Countdown phases and milestones

Days 30–22

Review and find gaps

My milestone: _____ ☐

Days 21–15

Practise questions

My milestone: _____ ☐

Days 14–8

Timed practice

My milestone: _____ ☐

Days 7–1

Final review and rest

My milestone: _____ ☐

- Short, focused sessions with breaks usually work better than long hours. Choose a length that suits you and the subject.
- Plan at least one rest day each week, and keep time for sleep, meals, exercise and friends.
- If a day goes off plan, move the task to a rest day or a later phase instead of doubling up.

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30-Day Revision Tracker

Name _____ **First exam** _____

30-day revision tracker

Count down from Day 30. Write one subject or topic and one small task, tick Done, or tick Rest on days off. Rest days are part of the plan.

Day 30 _____ _____ _____ ☐ Done ☐ Rest	**Day 29** _____ _____ _____ ☐ Done ☐ Rest	**Day 28** _____ _____ _____ ☐ Done ☐ Rest	**Day 27** _____ _____ _____ ☐ Done ☐ Rest	**Day 26** _____ _____ _____ ☐ Done ☐ Rest
Day 25 _____ _____ _____ ☐ Done ☐ Rest	**Day 24** _____ _____ _____ ☐ Done ☐ Rest	**Day 23** _____ _____ _____ ☐ Done ☐ Rest	**Day 22** _____ _____ _____ ☐ Done ☐ Rest	**Day 21** _____ _____ _____ ☐ Done ☐ Rest
Day 20 _____ _____ _____ ☐ Done ☐ Rest	**Day 19** _____ _____ _____ ☐ Done ☐ Rest	**Day 18** _____ _____ _____ ☐ Done ☐ Rest	**Day 17** _____ _____ _____ ☐ Done ☐ Rest	**Day 16** _____ _____ _____ ☐ Done ☐ Rest
Day 15 _____ _____ _____ ☐ Done ☐ Rest	**Day 14** _____ _____ _____ ☐ Done ☐ Rest	**Day 13** _____ _____ _____ ☐ Done ☐ Rest	**Day 12** _____ _____ _____ ☐ Done ☐ Rest	**Day 11** _____ _____ _____ ☐ Done ☐ Rest
Day 10 _____ _____ _____ ☐ Done ☐ Rest	**Day 9** _____ _____ _____ ☐ Done ☐ Rest	**Day 8** _____ _____ _____ ☐ Done ☐ Rest	**Day 7** _____ _____ _____ ☐ Done ☐ Rest	**Day 6** _____ _____ _____ ☐ Done ☐ Rest
Day 5 _____ _____ _____ ☐ Done ☐ Rest	**Day 4** _____ _____ _____ ☐ Done ☐ Rest	**Day 3** _____ _____ _____ ☐ Done ☐ Rest	**Day 2** _____ _____ _____ ☐ Done ☐ Rest	**Day 1** _____ _____ _____ ☐ Done ☐ Rest

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Final Week Exam Checklist

Name _____ **First exam** _____

Final week: top revision priorities

1. _____ Subject: _____
2. _____ Subject: _____
3. _____ Subject: _____
4. _____ Subject: _____
5. _____ Subject: _____

Practice papers

Paper or topic	Date done	Score	What to review next

What to pack

- [ ] Black pens and spares
- [ ] Pencils and a sharpener
- [ ] Eraser and ruler
- [ ] Calculator (if allowed)
- [ ] Clear pencil case
- [ ] Water bottle (if allowed)
- [ ] Watch (non-smart)
- [ ] Candidate number or ID
- [ ] _____
- [ ] _____
- [ ] _____

Before the exam

- [ ] Check exam dates, times and rooms
- [ ] Check which equipment each exam allows
- [ ] Pack your bag the night before
- [ ] Aim for a good night's sleep
- [ ] Eat breakfast and arrive in good time
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____