

# STUDY BREAK

# UNILIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM						
7AM						
8AM						
9AM						
<i>Create a dedicated study space free from distractions</i>						
10AM						
11AM						
12PM						
1PM						
<i>Don't forget to stay hydrated</i>						
2PM						
3PM						
4PM						
5PM						
6PM						
<i>Don't burn out: take regular breaks</i>						
7PM						
8PM						
9PM						
10PM						
11PM						
<i>Avoid caffeine and other stimulants close to bed time</i>						

## TO DO:

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## NOTES:

# WEEK 1 EXAMS

# UNILIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM						
7AM						
8AM						
9AM						
<i>Make sure you fuel your body with frequent nutritional snacks</i>						
10AM						
11AM						
12PM						
1PM						
<i>Clear your mind: get some fresh air/sun every day</i>						
2PM						
3PM						
4PM						
5PM						
6PM						
<i>Keep organised in a way that makes sense to you</i>						
7PM						
8PM						
9PM						
10PM						
11PM						
<i>Close blinds and/or wear an eye mask to ensure room is dark enough</i>						

## TO DO:

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## NOTES:

# WEEK 2 EXAMS

# UNILIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM						
7AM						
8AM						
9AM						
<i>Keep life in perspective by writing in a gratitude diary</i>						
10AM						
11AM						
12PM						
1PM						
<i>Stay social: plan a coffee break with a friend</i>						
2PM						
3PM						
4PM						
5PM						
6PM						
<i>Write down your goals every day - the smaller the better</i>						
7PM						
8PM						
9PM						
10PM						
11PM						
<i>Don't use your bed as a study, lounge and dining room during the day</i>						

## TO DO:

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## NOTES: