Blank Revision Timetable – The right balance of work, rest and play

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mon | Tues | Wed | Thurs | Fri | Times | Sat | Sun |
| 6:30 |  |  |  |  |  |  |  |  |
| 7:30 |  |  |  |  |  |  |  |  |
| 8:00 – 3:00 | School | School | School | School | School |  |  |  |
| 3:00 – 4:00 |  |  |  |  |  |  |  |  |
| 4:00 – 4:30 |  |  |  |  |  |  |  |  |
| 4:30- 5:00 |  |  |  |  |  |  |  |  |
| 5:00 – 5:30 |  |  |  |  |  |  |  |  |
| 5:30 – 6:00 |  |  |  |  |  |  |  |  |
| 6:00 – 6:30 |  |  |  |  |  |  |  |  |
| 6:30 -7:30 |  |  |  |  |  |  |  |  |
| 7:30 – 9:00 |  |  |  |  |  |  |  |  |
| 9:00 – 10:00 | No phone or device hour | No phone or device hour | No phone or device hour | No phone or device hour | No phone or device hour |  |  |  |
| 10:00 | Sleep | Sleep | Sleep | Sleep | Sleep |  |  |  |