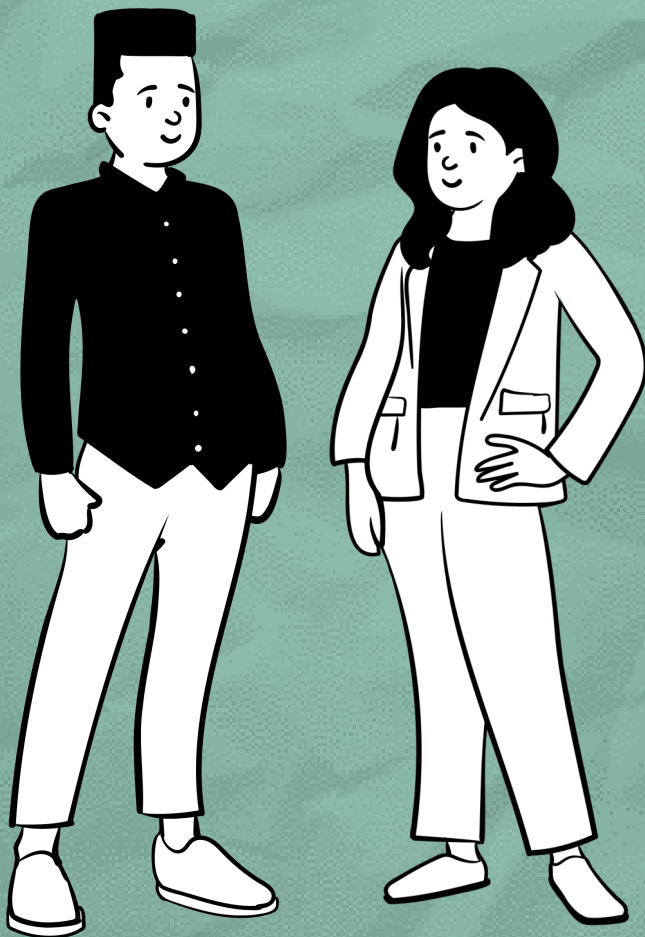


# LIFT OFF

## study planner

A LIFT OFF planning resource to support  
your revision and coursework deadlines





# Monthly Goals

Goals	Steps to make it happen	Achieved Y/N

Smaller Goals	Notes
<ul style="list-style-type: none"> <li>◆</li> <li>◆</li> <li>◆</li> <li>◆</li> </ul>	

Week 1	
Week 2	
Week 3	
Week 4	



# Weekly planner

<b>Monday</b>			
<b>Tuesday</b>			
<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

To-do List	Notes
<ul style="list-style-type: none"><li>◆</li><li>◆</li><li>◆</li><li>◆</li></ul>	



# Weekly dashboard

## Important

Blank area for important tasks or assignments.

## Reminders

Blank area for reminders.

## Tasks/Assignment

Blank area for tasks and assignments.

## Next Week

Blank area for next week's tasks or assignments.



# Daily action plan

<b>Morning</b>	<b>Date:</b>
◆ ◆ ◆ ◆ ◆ ◆	<b>Study goal:</b>
<b>Afternoon</b>	<b>Priorities</b>
◆ ◆ ◆ ◆ ◆ ◆	
<b>Evening</b>	<b>To-do list</b>
◆ ◆ ◆ ◆ ◆ ◆	1. 2. 3. 4. 5. 6. 7.
<b>Notes</b>	

## Water Tracker



Hydration is important for your overall health and helps you avoid dehydration headaches. Aim for 8 glasses of water per day - you can also track diluting juice!

## Sleep Tracker



Teens should aim to get just over 9 hours of sleep per night. This helps improve concentration and focus, particularly important when you're working towards a study goal.

## Self care activities

- ◆
- ◆
- ◆
- ◆
- ◆

It is important to make some time for self-care during busy revision or study periods. Whether it's a great book, Netflix show, crafting or listening to your favourite music, make sure there is some room for it in your schedule.

## Movement log

- ◆
- ◆
- ◆
- ◆
- ◆

Aiming for around 60 minutes of physical activity daily will help to improve your concentration and have a positive impact on your overall mental health. This could be a brisk walk, a game of football, a free online fitness class;... anything that you enjoy doing!