

Name: _____ Test: _____

5 Day Study Plan

Date	/ /	/ /	/ /	/ /	/ /	/ /	
Day							
	5 Days Before Test	4 Days Before Test	3 Days Before Test	2 Days Before Test	1 Day Before Test	TEST DAY	
Information to Review					<i>FINAL REVIEW ONLY</i>	✓ Eat breakfast ✓ Drink water ✓ Don't overdo caffeine ✓ Use relaxation and breathing to control test anxiety ✓ Arrive at testing room early with all materials ✓ Scan the entire test ✓ Read and follow all test directions ✓ Keep track of your time ✓ Answer easiest, shortest questions first ✓ Tell yourself, "I can do this." ✓ Ignore people who finish before you ✓ Reward yourself!	
	➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep	➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep	➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep	➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep	➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep		➤ Put necessary materials in backpack ➤ Get sleep!!
	Materials Needed						
	Goal Time/ Amount						
Actual Time/ Amount							
					Total		
					Total		