

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	<ul style="list-style-type: none"> ➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep 	<ul style="list-style-type: none"> ➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep 	<ul style="list-style-type: none"> ➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep 	<ul style="list-style-type: none"> ➤ Predict & write test questions ➤ Practice answering questions ➤ Get sleep 	<p style="text-align: center;"><i>FINAL REVIEW ONLY</i></p> <ul style="list-style-type: none"> ➤ Put necessary materials in backpack ➤ Get sleep!! 	<ul style="list-style-type: none"> ✓ 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! 	
Materials Needed							
Goal Time/Amount							Total
Actual Time/Amount						Total	