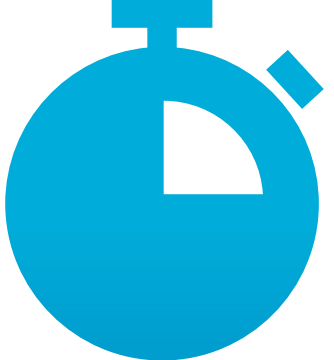


PiXL 
Prepare
to Perform

DAILY
PLANNER



PiXL
Wellbeing

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

- Eating an appropriate breakfast
- Eating an appropriate and healthy snack/s
- Exercising
- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
- Having time to socialise

- Eating a healthy evening meal
- Turning off your phone
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
- Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

Eating an appropriate breakfast
Eating an appropriate and healthy snack/s
Exercising
Eating a healthy lunch
Planning chunked revision
Having time to relax
Having time to socialise

Eating a healthy evening meal
Turning off your phone
Having 7-8 hours sleep
Drinking plenty of water
Making a smoothie
Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

- Eating an appropriate breakfast
- Eating an appropriate and healthy snack/s
- Exercising
- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
- Having time to socialise

- Eating a heathy evening meal
- Turning off your phone
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
- Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

Eating an appropriate breakfast
Eating an appropriate and healthy snack/s
Exercising
Eating a healthy lunch
Planning chunked revision
Having time to relax
Having time to socialise

Eating a healthy evening meal
Turning off your phone
Having 7-8 hours sleep
Drinking plenty of water
Making a smoothie
Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

- Eating an appropriate breakfast
- Eating an appropriate and healthy snack/s
- Exercising
- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
- Having time to socialise

- Eating a healthy evening meal
- Turning off your phone
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
- Planning time to calm yourself down

My daily priorities:

6am
7am
8am
9am
10am
11am
12pm
1pm
2pm

3pm
4pm
5pm
6pm
7pm
8pm
9pm
10pm
11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

- Eating an appropriate breakfast
- Eating an appropriate and healthy snack/s
- Exercising
- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
- Having time to socialise

- Eating a healthy evening meal
- Turning off your phone
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
- Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

- I am performance ready (tick box)
- I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

- Eating an appropriate breakfast
- Eating an appropriate and healthy snack/s
- Exercising
- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
- Having time to socialise

- Eating a heathy evening meal
- Turning off your phone
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
- Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

Eating an appropriate breakfast
Eating an appropriate and healthy snack/s
Exercising
Eating a healthy lunch
Planning chunked revision
Having time to relax
Having time to socialise

Eating a healthy evening meal
Turning off your phone
Having 7-8 hours sleep
Drinking plenty of water
Making a smoothie
Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

- Eating an appropriate breakfast
- Eating an appropriate and healthy snack/s
- Exercising
- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
- Having time to socialise

- Eating a healthy evening meal
- Turning off your phone
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
- Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....

PREPARE TO PERFORM – DAILY PLANNER

You have learned about the importance of eating the right things, sleeping, relaxing, chunking revision and turning off your phone. Now is the time to prepare yourself each day so that you can perform at your best. Plan your day using the table below. To be 'performance ready' you need to be making the right choices. For each of the activities listed below, give yourself one point - the aim is to get 10 points a day by doing 10 of these things.

Eating an appropriate breakfast
Eating an appropriate and healthy snack/s
Exercising
Eating a healthy lunch
Planning chunked revision
Having time to relax
Having time to socialise

Eating a healthy evening meal
Turning off your phone
Having 7-8 hours sleep
Drinking plenty of water
Making a smoothie
Planning time to calm yourself down

My daily priorities:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm


10pm

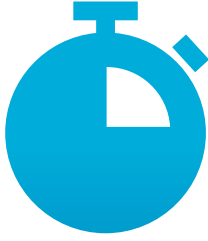
11pm

Number of performance points = _____

I am performance ready (tick box)

I am not performance ready (tick box) and tomorrow I need to.....



PiXL 
Prepare
to Perform



PiXL
Wellbeing