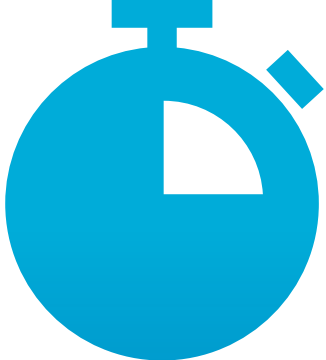


PiXL   
**Prepare**  
to Perform

DAILY  
PLANNER



PiXL  
Wellbeing

# PREPARE TO PERFORM – DAILY PLANNER

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- Eating a healthy lunch
- Planning chunked revision
- Having time to relax
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- Eating a healthy evening meal
- Turning off your phone
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- Making a smoothie
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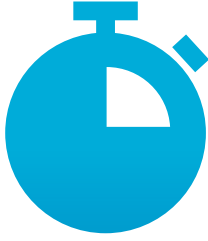
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