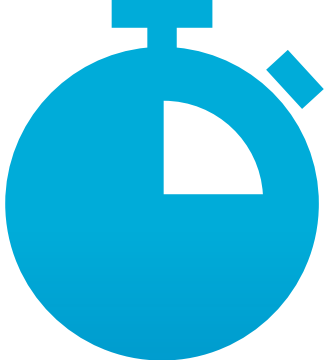


PiXL 
Prepare
to Perform

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.

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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
- Having 7-8 hours sleep
- Drinking plenty of water
- Making a smoothie
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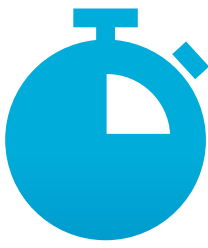
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