ZenFocus

THREE OR FOUR SUBJECTS

Exam countdown

From _____ Name _____

PAPERS AND EXAMS

SUBJECT	DATE	CONFIDENCE
Subject	Date	◯ Low ◯ Med ◯ High
Subject	Date	◯ Low ◯ Med ◯ High
Subject	Date	◯ Low ◯ Med ◯ High
Subject	Date	◯ Low ◯ Med ◯ High

EIGHT WEEKS — ONE BOX A DAY

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

Larger rows so each paper has room. Leave a rest day if you need one.