

Exam Preparation Workflow

A countdown structure so prep doesn't collapse into last-minute cramming.

Exam:

Date:

% of Grade:

Countdown Plan

When	Focus	Task
14 days before	Full coverage	
7 days before	Weak spots	
3 days before	Practice tests	
1 day before	Light review only	
Exam day	Logistics + calm	

Topic Coverage Checklist

Practice & Review Log

Date	Practice Activity	Confidence (1-5)	Notes

Final 24-Hour Checklist

☐	Materials / ID ready
☐	Location and time confirmed
☐	Sleep scheduled, not sacrificed

Light review only, no cramming

Backup plan for transport or tech issues