**How to stay off the ‘Midnight Express’ !**

Note:

Each single hour can be split into 2 pommodoros = 2x 25 minutes with a 5 minute break after 25 minutes of work.

Maybe study 2 subjects in any given hour **or** try studying 2 different parts of the syllabus in any given hour.

Pomodoro App:

<https://pomotodo.com/intl/en/>

| **1 Hour = 2 Pomodoros** | **Monday** | **Tuesday** | **Wednesday** | **Thurs** | **Friday** | **Time** | **Saturday** | **Sunday** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **16.45****17.00** | Planning | Planning | Planning | Music | Friends | **9.00-10.00** | **Free** | **Free** |
| **17–18.00** | HomeworkReadingNotetaking | Football | HomeworkReadingNotetaking | Football | Friends | **10-11.00** | Math **(R)** | Economics **(R)** |
| **18–19.00** | HomeworkReadingNotetaking | Football | HomeworkReadingNotetaking | Football | HomeworkReadingNotetaking | **11-12.00** | Physics**(R)** | Psychology**(R)** |
| **19–19.30** | Homework Reading Notetaking | Football | Homework Reading Notetaking | Football | Homework Reading Notetaking | **12-12.30** | **EE** | **TOK** |
|  Break |
| **20.30 – 21.00** | 1 Pommodoro  | 1 Pommodoro  | 1 Pommodoro  | 1 Pommodoro  | 1 Pommodoro  | **13.30-14.30** | German **(R)** | Football |
| **21.00 – 21.30** | 1 Pommodoro | 1 Pommodoro | 1 Pommodoro | 1 Pommodoro | 1 Pommodoro | **4.30-15.30** | English **(R)** | Football |
| **21.30-22.00** | 1 Pommodoro | 1 Pommodoro | 1 Pommodoro | 1 Pommodoro | **Free** | **7.30-9.30** | Option | Option |
| **22.00** |  **Free** |  **Free** |  **Free** |  **Free** |  **Free** |  | **Free** | **Free** |

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**Revision Strategies**

**Take a look here:**

**http://www.yellowsubmariner.com/uploads/1/2/2/5/12253383/997-8\_strategies.pdf**