

The Spaced Revision Planner

Learn it once. Meet it four more times. Keep it for the exam.

HEALTHY MINDS INDIA · THE STUDENT MIND SERIES
COMPANION TO BLOG 1: SMART STUDY, NOT HARD STUDY

DAY 0 · LEARN
Skim headings and diagrams first, then study the chapter. Write one-page recall.

DAY 1
10 minutes: close the book, write everything you remember. Correct in red.

DAY 7
10 minutes recall + 10 past-paper questions on this chapter.

DAY 21
Recall + mixed questions from this and older chapters.

DAY 45 · LOCKED IN
A quick test before the mock. If it is solid, it will stay.

The one rule: every revision is *retrieval* — pull it out of memory before you look at the book. Re-reading feels productive but builds far weaker memories. Tick the box and write the date when done; rate your confidence 1–5 at the end.

#	Chapter / topic	Subject	Learnt on	Day 1	Day 7	Day 21	Day 45	Confidence
1				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
2				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
3				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
4				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
5				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
6				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
7				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
8				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
9				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
10				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
11				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
12				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
13				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
14				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
15				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5
16				☐ __/__/__	☐ __/__/__	☐ __/__/__	☐ __/__/__	1 2 3 4 5

My 30 Days

Write each day's new chapter and the revisions due. Every 7th day is a mixed-bag practice day.

START DATE: ____ / ____ / ____
EXAM / GOAL: _____

DAY 1 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 2 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 3 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 4 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 5 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 6 __ / __ New: Revise: ☐ Slept 7+ hrs
DAY 7 MIXED-BAG DAY __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 8 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 9 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 10 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 11 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 12 __ / __ New: Revise: ☐ Slept 7+ hrs
DAY 13 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 14 MIXED-BAG DAY __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 15 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 16 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 17 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 18 __ / __ New: Revise: ☐ Slept 7+ hrs
DAY 19 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 20 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 21 MIXED-BAG DAY __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 22 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 23 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 24 __ / __ New: Revise: ☐ Slept 7+ hrs
DAY 25 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 26 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 27 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 28 MIXED-BAG DAY __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 29 __ / __ New: Revise: ☐ Slept 7+ hrs	DAY 30 __ / __ New: Revise: ☐ Slept 7+ hrs