

Burnout-Proof Exam Study Plan

A printable system to study hard without crashing: 2 deep blocks a day, daily recall, and a built-in buffer.

1) Daily structure (print + repeat)

Block 1 (45-90 min)	Hardest topic first. Pick 1 outcome: understand + practice. Use a timer. Phone out of reach.
Block 2 (45-90 min)	Timed questions + review mistakes. Mark it, find why you lost marks, rewrite once.
Recall (20 min)	Blurting / flashcards / quick self-quiz. If you cannot retrieve it, you do not own it.
Buffer (30-60 min)	Life happens time. Use it to catch up, recover, or handle school/family tasks without panic.

2) Rules that prevent burnout

Keep these rules simple and consistent:

- Start easy, then scale up: begin each session with 3-5 minutes of warm-up questions or headings.
- Breaks are body breaks (water, stretch, sunlight) - not phone breaks.
- One topic at a time. No multitasking. No five tabs open.
- Protect sleep: set a stop time at night. No midnight hero mode.
- Track mistakes, not hours: improvement comes from fixing patterns.

3) If you are tired or stuck (do this ladder)

When your brain has no fuel, forcing study backfires:

- Step 1: water + snack (protein if possible).
- Step 2: 10-minute walk OR 20-minute nap (not longer).
- Step 3: restart with 3 minutes of the easiest task.
- Step 4: if still stuck, switch to recall (flashcards/blurting) for 10 minutes, then stop.

4) Parents: support without pressure (optional)

A calm home supports performance:

- One check-in a day at a fixed time.
- Ask: 'Comfort or plan?' (do not lecture first).
- Offer one practical help: snack, quiet house, timetable help, transport.

7-Day Planner (Burnout-Proof)

Fill this for the next 7 days. Keep it realistic. Consistency beats intensity.

Day	Block 1 (Hard topic)	Block 2 (Timed Qs + Fix)	Recall (20m)	Buffer (30-60m)	Sleep plan (stop/wake)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Quick daily checklist

Tick what you completed:

- Block 1 done Block 2 done Recall done Buffer used wisely
- Phone out of bed zone Lights down 60 mins before sleep
- One short walk / stretch break Ate + hydrated

Daily Check-In + Plan Sheet

Print multiple copies. Use one sheet per day.

Date		Sleep (hours)		Stress (0-10)		Energy (0-10)	
Today's priority (one line)							

Block 1 (45-90 min)	Topic		Micro-goal	
	Start ritual	<input type="checkbox"/> phone away <input type="checkbox"/> timer on <input type="checkbox"/> first tiny step written		
Block 2 (45-90 min)	Timed Qs		Mistakes found	
	Fix step	<input type="checkbox"/> mark <input type="checkbox"/> why lost marks <input type="checkbox"/> rewrite once		
Recall (20 min)	Method		What felt weak	
Buffer (30-60 min)	Used for		Recovery action	
Sleep protection	Stop time		Phone out of bed zone	<input type="checkbox"/>

Burnout red flags (do not ignore):

- sleep gets worse despite exhaustion
- brain fog, slow recall, frequent mistakes
- irritability, shutdown, crying spells, or constant dread
- headaches, stomach issues, or feeling numb
- if these are intense or persistent, consider professional support

Note: This is educational and not a medical diagnosis. If you are struggling significantly, seek professional help.