

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Subject or Topic A Session 1: Test and reflect						
Take a Break for 5 minutes 						
Subject or Topic A Session 2: Revise and Summarise						
Take a Longer Break  						
Subject or Topic B Session 1: Test and reflect						
Take a Break for 5 minutes 						
Subject or Topic B Session 2: Revise and Summarise						