

**Eat breakfast**



**Skip breakfast**

**Sleep 8-10 hours a night**



**Get little sleep**

**Have regular bedtimes**



**Have inconsistent bedtimes**

**Get fresh air each day**



**Stay indoors all day**

**Exercise regularly**



**Do no exercise**

**Do past papers**



**Mostly revise highlighting 'key' passages**

**Spread out their revision**



**Cram their revision**

**Keep a diary to capture negative thoughts**



**Dwell on worst case scenarios**

**Revise in a quiet**



**Revise whilst listening**