

july

monday

tuesday

wednesday

thursday

friday

saturday

sunday

morning

afternoon

evening

1

2

3

4

5

morning

6

7

8

9

10

11

12

afternoon

evening

morning

13

14

15

16

17

18

19

afternoon

evening

morning

20

21

22

23

24

25

26

afternoon

evening

morning

27

28

29

30

31

afternoon

evening

tip of the month

Healthy eating
try to have healthy snacks around while you are revising to boost your energy levels