



A SMALL ACTION. A VISIBLE RESULT.

7-day study kickstart

Doing matters more than planning. Begin with work we can finish today, check what happened, and use it to choose the next action.

Name: _____

Starting date: _____

The question counts and timings below are starting suggestions. Adjust them to your current level and time alongside school, coaching and rest. Keep the action small enough to complete.

Day	Do this	Done means...
01 Begin	Choose one manageable Physics subtopic. Put the phone away and attempt 3 questions before checking the solutions.	☐ Three attempts saved; one uncertainty written down.
02 Recall	Without notes, write the key idea or formula and its conditions. Check it, then attempt 3 fresh questions from the same subtopic.	☐ Recall checked; questions attempted and reviewed.
03 Repair	Pick one error from days 1–2. Spend about 10 minutes revising that idea, then retry 2 relevant questions with the solutions covered.	☐ One correction in our own words; two retries recorded.
04 Transfer	Attempt 2 new variations of the repaired idea. Explain why the method applies and what condition would change it.	☐ Two attempts; one explanation of the conditions.
05 Use a timer	Attempt a short set, for example 5 questions in 20 minutes . Stop at the chosen time, then review errors and unattempted questions.	☐ Time and attempts recorded; each gap reviewed.
06 Retrieve	Retry 3 earlier mistakes without looking at the solutions. Explain one corrected method aloud before checking it.	☐ Independent retries checked; remaining gap identified.
07 Check progress	Attempt 5 mixed questions from the subtopics studied. Compare with earlier errors and choose the first question for the next session.	☐ Work reviewed; next action and starting time recorded.

If a day is missed: return to the next manageable action. Reduce the question count if needed. Avoid doubling the workload or replacing practice with a new timetable.



OUR COMPLETION RECORD

What did we actually do?

Write the evidence after each session. An attempt can reveal a useful gap even when the answer is wrong.

Day	Subtopic / question references	Questions attempted	Attempts reviewed	Next retry / date
1				
2				
3				
4				
5				
6				
7				

Use actual counts. "Reviewed" means checked against a solution and understood or marked for help. Completion is evidence of action, not a prediction of exam marks.

One mistake we can now explain

What was the first incorrect step? What will we do differently next time?

One gap that still needs work

Name the specific idea, question or condition — not just the chapter.

The next session starts with...

Question / action: _____

Date and time: _____

A realistic stopping point: _____

Make starting easier

- ☐ Question and notebook ready.
- ☐ Phone away for the chosen session.
- ☐ Time left to review the attempt.

Need a first topic? Use the current-electricity practice pack. Pick one question, attempt it, then write the correction before moving on.