

Study planner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						
8pm						
9pm						
10pm						

Get MESSE!

Five steps for staying healthy and focused:

- **Move.** Being active supercharges your body and your brain.
- **Eat properly.** Good fuel means more energy and better concentration. Simple.
- **Sleep.** Late night cramming? Nah. Being relaxed and refreshed? Hell yeah.
- **Socialise.** Stay connected with your family and friends.
- **Escape.** Give yourself permission to take a break. Watch TV, read a book, play a game – you need some time off.

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