Weekly Timetable Example

Day	Subject	What do I want to achieve?	How will I achieve this?
Monday	Physics	Reflection and refraction	Online quiz Make notes in the revision book.
Tuesday	Biology	Cells	Watch video explanations & draw the diagrams out.
Wednesday	English Lit	Inspector Calls	Create a revision slide show with the themes, character profiles and key quotes that contain any techniques.
Thursday	Chemistry	Paper 1	Past Paper 1 in timed conditions & self-assess.
Friday	Relax	Relax	Relax
Saturday/Sunday	Art	Complete water colour work.	Following the teacher's feedback to complete the work.

Download a copy and save it to your computer so you can edit this each week and either take a screenshot or print it out so you know what you are doing.