



YOUR COUNTDOWN STARTS NOW

40 Days to HSC Trial Exams

Small, consistent effort over 40 days will always beat last-minute cramming.

THE 4 PHASES

PHASE 1

Content Consolidation Day 1-14

Consolidate content and fill knowledge gaps across all subjects.

PHASE 2

Exam Training Day 15 - 25

Apply knowledge under timed exam conditions with real technique.

PHASE 3

Trial Simulation Day 26-33

Sit full trial papers. Mark honestly, get feedback. Learn from every mistake.

PHASE 4

Final Preparation

Review, refine, rest. Protect your sleep and build confidence.

Think of the next 40 days like an athlete preparing for a grand final.

The early days are about building fitness and skills. The middle period is about practicing under pressure. The final days are about arriving fresh, confident and ready to perform.

MY SUBJECTS: 40 DAY PLAN

Subject 1

- Reviewed every syllabus topic.
- Created concise revision resources.
- Addressed weakest areas.
- Completed timed responses.
- Sat at least one full practice paper.
- Maintained a consistent study routine.
- Trained under full exam conditions.
- Received feedback on my responses.

Subject 2

- Reviewed every syllabus topic.
- Created concise revision resources.
- Addressed weakest areas.
- Completed timed responses.
- Sat at least one full practice paper.
- Maintained a consistent study routine.
- Trained under full exam conditions.
- Received feedback on my responses.

Subject 3

- Reviewed every syllabus topic.
- Created concise revision resources.
- Addressed weakest areas.
- Completed timed responses.
- Sat at least one full practice paper.
- Maintained a consistent study routine.
- Trained under full exam conditions.
- Received feedback on my responses.

Subject 4

- Reviewed every syllabus topic.
- Created concise revision resources.
- Addressed weakest areas.
- Completed timed responses.
- Sat at least one full practice paper.
- Maintained a consistent study routine.
- Trained under full exam conditions.
- Received feedback on my responses.

Subject 5

- Reviewed every syllabus topic.
- Created concise revision resources.
- Addressed weakest areas.
- Completed timed responses.
- Sat at least one full practice paper.
- Maintained a consistent study routine.
- Trained under full exam conditions.
- Received feedback on my responses.

Subject 6

- Reviewed every syllabus topic.
- Created concise revision resources.
- Addressed weakest areas.
- Completed timed responses.
- Sat at least one full practice paper.
- Maintained a consistent study routine.
- Trained under full exam conditions.
- Received feedback on my responses.



WEEKLY PROGRESS TRACKER

Rate and fill your confidence score each week (1 star = needs work // 5 stars = very confident)

★★★★★

Week	Subject 1	Subject 2	Subject 3	Subject 4	Subject 5	★★★★★
Week 1	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★
Week 2	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★
Week 3	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★
Week 4	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★
Week 5	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★
Week 6	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★

WEEKLY REFLECTION PROMPTS

What topics did I avoid this week that still need attention?

Which subject am I most behind in and what is my plan?

Am I completing timed practice consistently?

What will I do differently next week?

Confidence check: if Trials started tomorrow, how would I feel?

MY HSC GOALS ARE ..

< INSERT PHOTOS, QUOTES, GOALS BELOW OF YOUR HSC VISION BOARD >