brightstudy

FREE RESOURCE — PLANNER

12-Week Exam Countdown Planner

Plan backwards from your exam dates: topics mapped to weeks, three revision passes, practice papers scheduled and a final-week taper.

12	3	RAG	Week 12
WEEKLY PAGES	REVISION PASSES	TOPIC AUDIT	TAPER PLAN

BACKWARD PLANNING · TOPIC AUDIT · THREE PASSES · PRACTICE PAPERS

PREPARED BY	CATEGORY	EDITION	LATEST VERSION
BrightStudy	Study planning	2026, A4 PDF	brightstudy.ai/resources/exam-countdown-planner

What is inside

Twelve weeks is enough time to revise any exam properly, but only if the weeks are used in the right order. This planner starts from the exam timetable and works backwards: first a topic audit that rates every topic red, amber or green, then three passes (learn, practise, test) spread across the weeks, with practice papers in the last month and a deliberately lighter final week. The week-by-week pages keep you honest about whether each pass actually happened.

SECTIONS

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WHO IT IS FOR

GCSE, A level, university and professional-exam candidates with a fixed exam date who want a full revision plan rather than a vague intention to start soon.

WHAT IS INCLUDED

- Exam timetable page and a backward-planning rule for ordering subjects
- Topic audit grid with red, amber and green ratings per subject
- Three-pass method explained: learn, practise, test
- Twelve week-by-week pages with topic targets and a pass tracker
- Final-week taper plan and exam-week logistics checklist

01

Plan backwards from the exam

Write your exam timetable first. Then order your subjects so the one you sit first gets its test pass earliest.

EXAM TIMETABLE

SUBJECT AND PAPER	DATE	TIME	LENGTH	WEEKS FROM TODAY

ORDERING RULES

- The earliest exam finishes its test pass first; later exams can still be in their practise pass when the first exam happens.
- Give red-heavy subjects more learn-pass weeks and green-heavy subjects more practise weeks.
- Keep two subjects per day at most; alternate them so no subject goes more than three days untouched.

02

Topic audit

List every topic from each specification. Rate it now (R, A or G) and again at the end of each pass. Green is "I could answer an exam question on this today without notes".

SUBJECT	TOPIC	NOW	AFTER LEARN	AFTER PRACTISE	AFTER TEST

03

Topic audit (continued)

SUBJECT	TOPIC	NOW	AFTER LEARN	AFTER PRACTISE	AFTER TEST

04

The three passes

Each topic goes through three passes. A topic is only finished when it has survived a timed test.

PASS	WEEKS (OF 12)	WHAT YOU DO	DONE WHEN
1. Learn	1-5	Red topics first. Make or fix notes, build flashcards for the facts, work through examples with the solution covered.	Every topic is amber or green on the audit.
2. Practise	5-9	Topic-by-topic exam questions, untimed, mark scheme open after each attempt. Flashcards every day.	Each topic has at least two sets of questions attempted and marked.
3. Test	9-12	Full papers under timed conditions, no notes. Mark the same day and log every lost mark by type.	At least two full papers per exam, with the error log reviewed.

Passes overlap. In week 6 you might be in the practise pass for Biology while still learning the last red topics in Chemistry. The weekly pages track which pass each subject is in.

05

Weeks 1 and 2

WEEK 1: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

WEEK 2: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

06

Weeks 3 and 4

WEEK 3: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

WEEK 4: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

07

Weeks 5 and 6

WEEK 5: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

WEEK 6: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

08

Weeks 7 and 8

WEEK 7: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

WEEK 8: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

09

Weeks 9 and 10

WEEK 9: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

WEEK 10: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

10

Weeks 11 and 12

Week 11 is the last heavy week. Week 12 is the taper: short recall sessions, sleep, logistics.

WEEK 11: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

WEEK 12: DATES _____

SUBJECT	PASS	TOPICS THIS WEEK	DONE

END OF WEEK: WHAT MOVED FROM RED TO AMBER, OR AMBER TO GREEN?

11

Final week and exam days

The taper: stop learning new material, protect sleep, and rehearse the logistics so exam morning holds no surprises.

FINAL-WEEK TAPER

- [ ] No new topics after Monday; only recall of green and amber topics
- [ ] Two short recall sessions a day (flashcards, past-paper questions you got wrong), nothing after 9pm
- [ ] One full timed paper early in the week for the first exam, none in the last two days
- [ ] Same wake-up time every day as exam day
- [ ] Error log read through once, with the top three mistake types written on a card

NIGHT BEFORE EACH EXAM

- [ ] Equipment packed: pens, pencils, calculator (if allowed), clear pencil case, water
- [ ] Candidate number and seat or room known
- [ ] Travel time checked, leaving 30 minutes early
- [ ] Alarm set and a backup alarm set
- [ ] Lights out at a normal time; no late revision

EXAM MORNING

- [ ] Breakfast
- [ ] Top-three mistakes card read once
- [ ] Phone switched off before entering the building
- [ ] Arrive, breathe, read the paper through before writing

Keep going

BRIGHTSTUDY

This resource covers the part of studying that happens away from a screen. BrightStudy does the rest: upload your notes, slides or recordings and it turns them into Study Docs, flashcards and exam-style questions, then schedules your reviews with spaced repetition. There is a free plan to get started.

PAIRS WELL WITH STUDY PLANNING

FEATURE	WHAT IT DOES	LINK
Study Calendar	Plan revision, exams, deadlines and events.	brightstudy.ai/features/study-calendar
Progress Analytics	Track your study activity and performance.	brightstudy.ai/features/progress
Topic Analysis	Find stronger topics and areas that need attention.	brightstudy.ai/features/topic-analysis
Spaced Repetition	Revisit your learning with scheduled reviews.	brightstudy.ai/features/spaced-repetition

RELATED RESOURCES

RESOURCE	LINK
Weekly Study Planner	brightstudy.ai/resources/weekly-study-planner
Term Goal-Setting Sheet	brightstudy.ai/resources/term-goal-setting-sheet
Daily Study Checklist	brightstudy.ai/resources/daily-study-checklist

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