

### Planning checklist: the day of an exam

Action	Comments	Done
<p>Eat light meals:</p> <p>Try slow-releasing carbohydrates, protein, fruit or vegetables. Heavy meals can make you sluggish.</p>		<input type="checkbox"/>
Take water with you to the exam.		<input type="checkbox"/>
<p>Take a suitable watch with you so you can refer to the time easily.</p> <p>Synchronise this with the exam-room clock when you arrive.</p>		<input type="checkbox"/>
Use relaxation methods to manage stress. Be purposeful in maintaining a sense of calm.		<input type="checkbox"/>
Bring or wear an additional layer of clothing in case you feel cold in the exam. You can always remove layers if you get too warm.		<input type="checkbox"/>
Check last-minute details and your mnemonics if you think this will help.		<input type="checkbox"/>
Re-check that any necessary equipment is in working order, has batteries, etc., and that you have this with you.		<input type="checkbox"/>
<p>Don't rely on having everything on your phone.</p> <p>Have details of the exam time, venue and directions to the exam room with you.</p>		<input type="checkbox"/>
Make sure you have your pens, pencils etc.		<input type="checkbox"/>
Leave valuables at home.		<input type="checkbox"/>
Make sure you have a bag with you that means you can meet requirements for leaving notes, etc., away from your exam desk.		<input type="checkbox"/>