

Day before the Exam

7:00	Breakfast
8:00-9:30	block of 46-50 questions
9:30-10:30	Quick review of familiar material
10:30-12:00	Exercise (nothing that will exhaust you or make you sore)/walk/errands
12:00-1:00	Lunch
1:30-2:30	Do something nurturing. Relax. Get a light massage. Go to a museum or gallery; play Frisbee with your pet. Meditate. Use a hot tub.
3:00-6:00	Watch a funny movie
6:30-8:30	Dinner with a friend – no alcohol
9:00	Pack everything for tomorrow
10:00	Bedtime

Relax and stay focused!