# Exam-period wellbeing plan

A day-by-day plan for exam weeks that protects sleep, food, movement and a few minutes with people, next to your exam dates. If you are not safe, use the crisis numbers on this page first.

NAME

DATE

| Day | Exam or study block | Sleep target (hours) | Meals planned | Movement or break | Someone I will talk to | How I am doing (1 to 5) | If it is a 1 or 2, I will |
|---|---|---|---|---|---|---|---|
| Day 1 | | | | | | | |
| Day 2 | | | | | | | |
| Day 3 | | | | | | | |
| Day 4 | | | | | | | |
| Day 5 | | | | | | | |
| Day 6 | | | | | | | |
| Day 7 | | | | | | | |
| Day 8 | | | | | | | |
| Day 9 | | | | | | | |
| Day 10 | | | | | | | |
| Day 11 | | | | | | | |
| Day 12 | | | | | | | |
| Day 13 | | | | | | | |
| Day 14 | | | | | | | |

## SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)