



1 Topic checklist

NAME _____

CLASS _____

SUBJECT AND UNIT _____

EXAMPLE TOPICS (BIOLOGY)

Cell structure

Transport in cells

Digestion

Respiration

Photosynthesis

Ecosystems

No.	Topic in your own words	Confidence before circle one	Notes	Flashcards	Past questions	Teach someone	First review date	Second review date	Confidence now circle one
EG	Respiration (Biology)	● RED ▲ AMBER ■ GREEN	✓	✓	☐	☐	12 Oct	19 Oct	● RED ▲ AMBER ■ GREEN
1		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
2		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
3		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
4		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
5		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
6		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
7		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
8		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
9		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
10		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
11		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN
12		● RED ▲ AMBER ■ GREEN	☐	☐	☐	☐			● RED ▲ AMBER ■ GREEN

Spaced revision plan



SUCCESS CRITERIA

☐ I can plan to revisit a topic after a gap

☐ I can rate my confidence honestly

☐ I can pick my weakest three and act

Day 1: Learn it

Done ☐

Date _____

What I will review:

● RED ▲ AMBER ■ GREEN

Day 3: Recall it

Done ☐

Date _____

What I will review:

● RED ▲ AMBER ■ GREEN

Day 7: Test it

Done ☐

Date _____

What I will review:

● RED ▲ AMBER ■ GREEN

Day 21: Check it

Done ☐

Date _____

What I will review:

● RED ▲ AMBER ■ GREEN

2 My weakest three

Pick the topics with the lowest confidence

1 Topic

My next step

By when _____

2 Topic

My next step

By when _____

3 Topic

My next step

By when _____

3 Self-audit tally

Count your topics

● RED ▲ AMBER ■ GREEN

Before

Now

● RED ▲ AMBER ■ GREEN

Write how many topics sit under each word.