

YOU FORGET 70% WITHIN A WEEK – UNLESS YOU REVISE

# Revision Cycle Planner

Reading once is not learning. The forgetting curve is steep: most of a fresh topic is gone within days. Beat it with spaced revision — four passes at widening intervals. Log every topic and tick each pass on time.

**R1**  
**Within 24 hrs**  
 Same-day or next-morning quick recall. 5–10 min per topic.

**R2**  
**Within 1 week**  
 Active recall from memory, then check notes.

**R3**  
**Within 1 month**  
 Test yourself with PYQs / MCQs on the topic.

**R4**  
**Pre-exam**  
 Final fast pass from one-page notes only.

TOPIC / CHAPTER	SUBJECT	LEARNED ON	R1 ✓	R2 ✓	R3 ✓	R4 ✓
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**Build a one-page note per topic**  
 Every chapter should compress to a single revision page: keywords, dates, a diagram, two examples. R4 uses only these pages — never the full book.

**Revise before you read new**  
 Open every study day with 30–60 min of R1/R2 on yesterday and last week. New input on an un-revised base just leaks away.