

MARGINAL GAINS

Marginal gains are small improvements/adjustments we can make to our everyday lives. Look at the following areas of your life. Describe your current status, then try to make a 1% improvement to that particular area.

CONDITION FOR STUDY	CURRENT STATUS	1% GAIN
SLEEP		
WATER INTAKE		
EXERCISE		
GETTING SUPPORT		
ORGANISATION OF SCHOOL WORK		
ORGANISATION OF SELF		
TIME SPENT ON DEVICE		
WHEN I STUDY		