

Weekly Burnout Check-In

Fill this in every Sunday evening. Score each statement for the past week: 0 = not at all, 1 = sometimes, 2 = most days. It takes two minutes and helps you notice problems early.

#	This week...	Wk 1	Wk 2	Wk 3	Wk 4
1	I slept less than 7 hours on most nights.				
2	My mock or test scores dropped even though I studied more.				
3	I dreaded opening my books.				
4	I re-read pages without taking anything in.				
5	I had headaches, irritability or constant tiredness.				
6	I skipped meals, exercise or time outdoors to study.				
7	I felt I was falling behind in everything.				
8	I had no time at all for anything I enjoy.				
	Total (out of 16)				

What your total means

Total	What to do next week
0-4	You're managing well. Keep your routine and protect your sleep.
5-9	Warning signs. Take one lighter half-day, trim your plan to what you can finish, and keep 7-8 hours of sleep.
10-16	Ease off now. Cut your plan back, rest properly for a day, and talk to a parent, teacher or school counsellor about how you're feeling.

Small changes that help

- A fixed sleep and wake-up time, even on weekends
- One study-free half-day each week
- 20 minutes of walking, sport or exercise most days
- Phone away during study blocks — and during the last hour before bed
- Plan fewer tasks and finish them, rather than many and miss most

If you ever feel overwhelmed or unable to cope, please talk to someone you trust — a parent, teacher, school counsellor or doctor. Asking for help is a sensible step.