

# MARGINAL GAINS

Marginal gains are small improvements or 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 in that particular area.

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