

TIPS ON GETTING BEST EXAM RESULTS



TOLER & TOLER
INSURANCE SERVICES, LLC

A FEW DAYS BEFORE EXAM

- 1) Avoid Stress
- 2) Eat Less Salt & Fatty Foods
- 3) Don't Drink Alcohol

ONE DAY BEFORE EXAM

- 1) Try To Avoid Caffeine
- 2) Fast: At Least 4 Or More Hours
- 3) Don't Work Out
- 4) Avoid Tobacco
- 5) Get A Good Night's Sleep



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