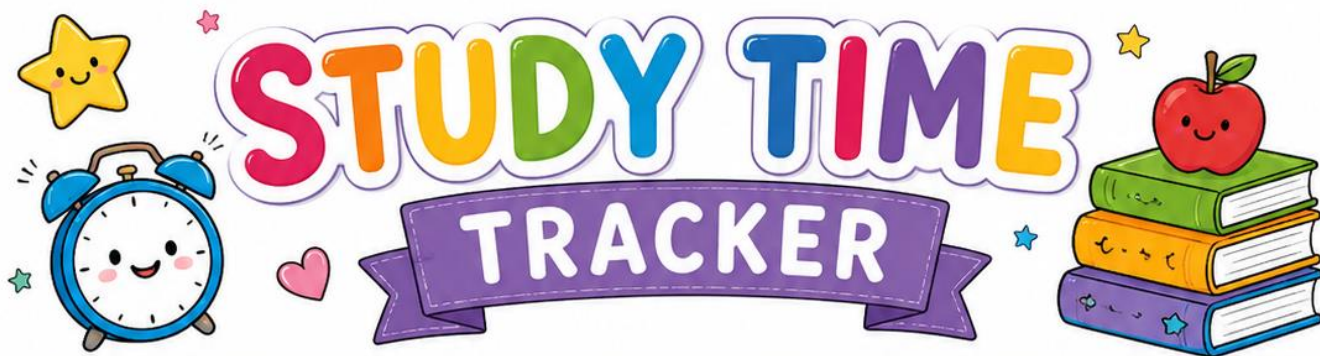




NAME: _____

MY GOAL: _____ HOURS

WEEK OF: _____

I CAN DO IT! 

DATE 	DAY 	SUBJECT / TOPIC 	START TIME 	END TIME 	TIME STUDIED (HOURS) 	MY FOCUS (1-5) 	NOTES 
MON 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____
TUE 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____
WED 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____
THU 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____
FRI 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____
SAT 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____
SUN 		_____	__ : __	__ : __	_____	☆☆☆☆☆	_____

WEEKLY SUMMARY

TOTAL HOURS STUDIED:

I STUDIED MY MOST IN: _____

I DID GREAT AT: _____ 



TODAY I WILL...

- ☐ Listen carefully
- ☐ Ask questions
- ☐ Take neat notes
- ☐ Finish my work
- ☐ Take breaks
- ☐ Do my best! 

REWARD FOR MYSELF

When I reach my goal, I will: _____



Small steps every day lead to big results! 