

Study Session Checklist & Habit Tracker

Name: _____
Date: _____

PRE - SESSION

☐ Define today's session goal

☐ Gather materials & notes

☐ Remove distractions (phone, tabs)

☐ Choose a study method

☐ Set a focus timer

DURING

☐ Active recall, not re-reading

☐ Practice problems / self-testing

☐ Take a real break between blocks

☐ Note any distractions that pulled focus

AFTER

☐ Review what was covered

☐ Note what you actually learned

☐ Write down unresolved questions

☐ Decide the next action

☐ Rate this session's quality

HABIT TRACKER

Mark a box each day you complete your target study habit. Track up to ten habits across a two-week span.

Habit	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Weeks: 1 in columns 1–7, 2 in columns 8–14.

THIS WEEK'S FOCUS HABIT

Which habit needs the most attention right now?

What will make it easier to keep tomorrow?