**Study Habit Tracker**

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| **Date** |  |  |  |  |  |  |  |
| **Plan** |  |  |  |  |  |  |  |
| **Reality** |  |  |  |  |  |  |  |
| **Date** |  |  |  |  |  |  |  |
| **Plan** |  |  |  |  |  |  |  |
| **Reality** |  |  |  |  |  |  |  |

**Directions:** Create a study plan for the next two weeks. At the end of each day, write down the tasks that you completed. At the end of the two weeks, reflect on how realistic your study plan was and think about what obstacles prevented you from following your plan.