

# STUDY CONSISTENCY TRACKER

Building habits one day at a time

Name:

Week Of:

Goal Hours:

DAY	STUDY GOAL	HOMEWORK DONE	FOCUS LEVEL	COMPLETED
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## WEEKLY REWARD

Requirement: 5+ Days Completed

## BONUS MILESTONE

Requirement: Perfect Week

Reflections / Notes: