

EVENING STUDY ROUTINE

WEEK OF: _____ GOAL: 100% CONSISTENCY

HABIT / TASK

M

T

W

T

F

Organize Workspace & Planner

Priority Homework Subject A

Priority Homework Subject B

Active Recall / Flashcards

Bag Packed for Tomorrow

DAILY REWARD (Small)

e.g. 30 mins gaming, favorite snack

WEEKLY REWARD (Big)

e.g. Movie night, new book, outing