








Finals Study Plan & Habit Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2 <i>Orthodox Easter</i>	3	4	5	6	7 <i>Last day of Classes</i>	8
Daily Check-ins						
Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: _____hrs. Eating B L D Movement Y N








Self-Care Activities: _____

3 things I did well this week: _____

B = Breakfast, L = Lunch, D=Dinner



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
9 <i>Mother's Day</i>	10 <i>Finals Exams Week</i>	11 <i>Finals Exams Week</i>	12 <i>Finals Exams Week</i>	13 <i>Finals Exams Week</i>	14 <i>Finals Exams Week</i>	 <p>You Finished!!!</p> <p>How will you celebrate?</p>
Daily Check-ins						
Study Sessions  Sleep: ____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: ____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: ____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: ____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: ____hrs. Eating B L D Movement Y N	Study Sessions  Sleep: ____hrs. Eating B L D Movement Y N	

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