

STUDENT HABIT BUILDER

Student:
Coach:
Date:

HABITS:

M T W T F S S

NEXT MEETING

Date:

Time:

Location:

HABIT EXAMPLES:

Go to class, Get to class on time, Get a good night's sleep, Submit an assignment on time, Take notes, Study, Participate in class discussions, Learn something, Eat well, Exercise, Socialize, Enjoy life!

SMALL STEPS, EVERY DAY

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