

STUDY RECORD SHEET

15																				
14																				
13																				
12																				
11																				
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4																				
3																				
2																				
1																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17			

MY REWARDS

eg. hire a video
night off

MILESTONES REACHED

Assignment submitted (A)
Exam completed (E)

Reward every week that shows
_____ hours of study

(eg. 10 hours)

Notes:

1. It is useful to track the amount you study to avoid the 'floods' and especially the 'droughts' of inactivity.
2. When you have completed a particular study task, acknowledge your achievement, and take an **appropriate** reward.