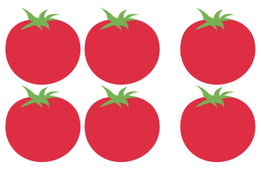
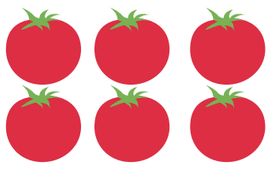
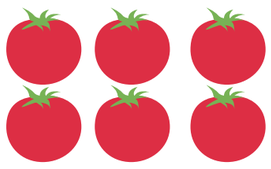
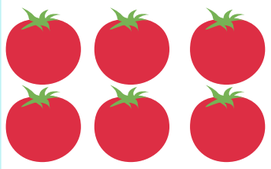
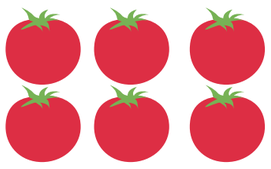
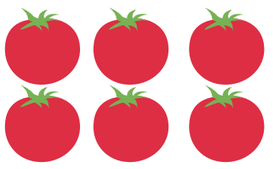
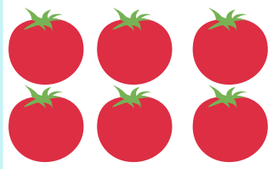
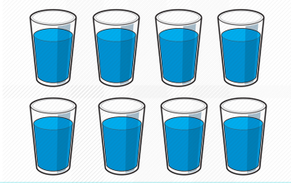
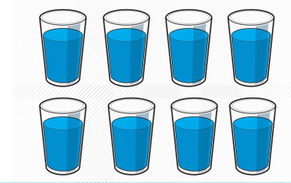
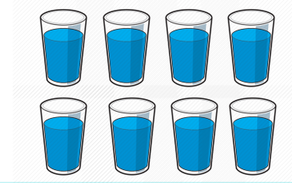
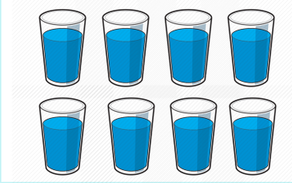
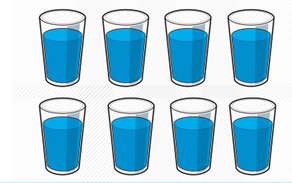
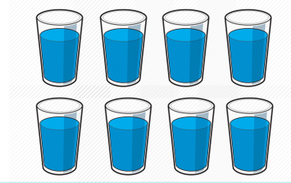
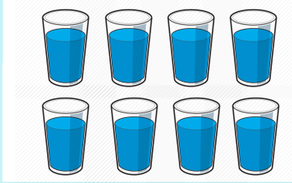
Finals Study Plan and Habit Tracker

Saturday 12/7	Sunday 12/8	Monday 12/9	Tuesday 12/10	Wednesday 12/11	Thursday 12/12	Friday 12/13

Daily Check-ins

Study Sessions 	Study Sessions 	Study Sessions 	Study Sessions 	Study Sessions 	Study Sessions 	Study Sessions 
Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)
Eating B L D	Eating B L D	Eating B L D	Eating B L D	Eating B L D	Eating B L D	Eating B L D
Exercise Y N	Exercise Y N	Exercise Y N	Exercise Y N	Exercise Y N	Exercise Y N	Exercise Y N
Water Intake 	Water Intake 	Water Intake 	Water Intake 	Water Intake 	Water Intake 	Water Intake 

Finals Study Plan and Habit Tracker

Saturday 12/14	Sunday 12/15	Monday 12/16	Tuesday 12/17	Wednesday 12/18	
					You finished!!!
					How will you celebrate?

Daily Check-ins

Study Sessions	Study Sessions	Study Sessions	Study Sessions	Study Sessions	Study Sessions	Study Sessions
Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)	Sleep (Hrs)
Eating	Eating	Eating	Eating	Eating	Eating	Eating
B L D	B L D	B L D	B L D	B L D	B L D	B L D
Exercise	Exercise	Exercise	Exercise	Exercise	Exercise	Exercise
Y N	Y N	Y N	Y N	Y N	Y N	Y N
Water Intake	Water Intake	Water Intake	Water Intake	Water Intake	Water Intake	Water Intake