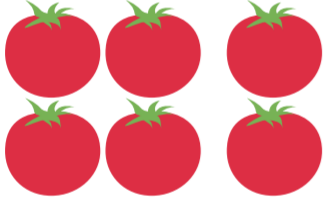
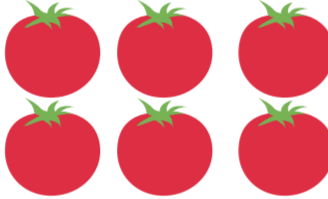
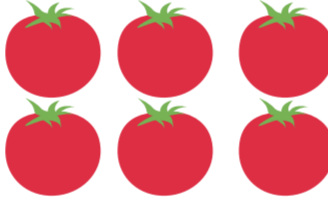
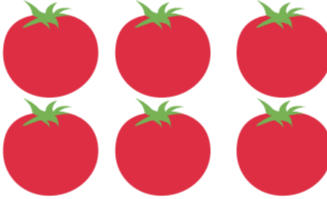
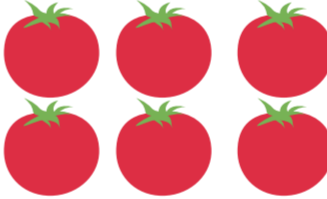
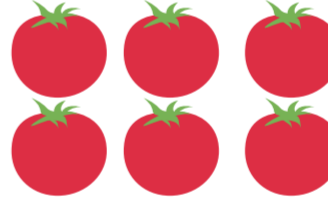
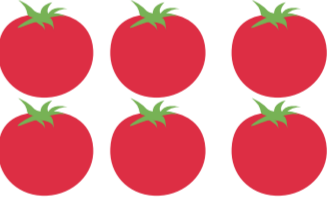
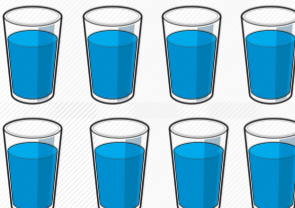




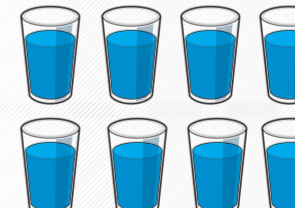



Finals Study Plan and Habit Tracker

Saturday	Sunday	Monday (Study Day)	Tuesday (Study Day)	Wednesday (Finals)	Thursday (Finals)	Friday (Finals)

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
						

What are 3 things you're grateful for?

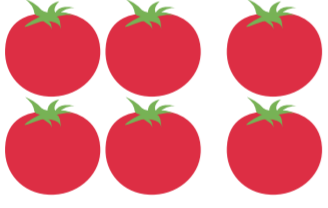
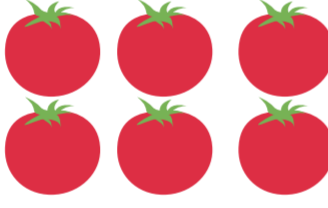
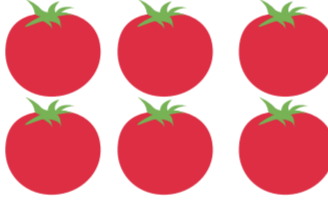
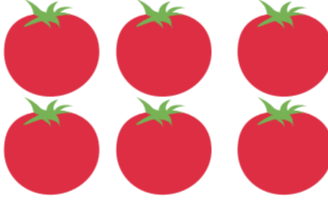
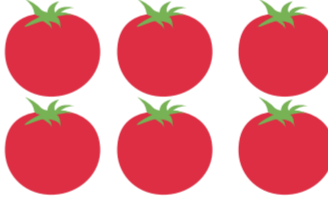
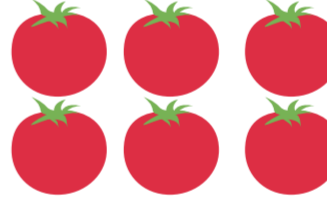
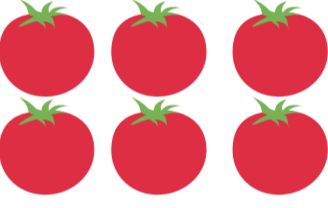
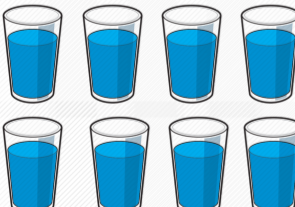
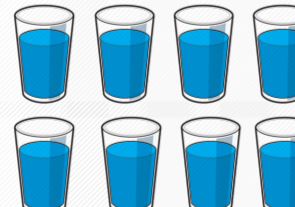



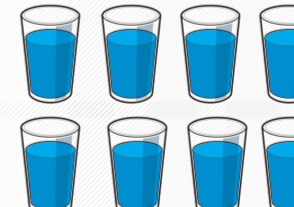
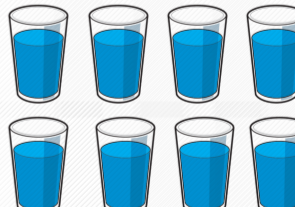
- _____
- _____
- _____

B = Breakfast, L = Lunch, D = Dinner

Finals Study Plan and Habit Tracker

Saturday	Sunday	Monday (Finals)	Tuesday (Finals)	Wednesday (Finals)
				 <p>You finished!!!</p> <p>How will you celebrate?</p> <hr/> <hr/>

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
						

What are 3 things you're grateful for?

1. _____
2. _____
3. _____

B = Breakfast, L Lunch, D = Dinner