



Student:

Coach:

Date:





Student:

Coach:

Date:

**HABITS:** 













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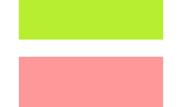
















Date:

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!

**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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