

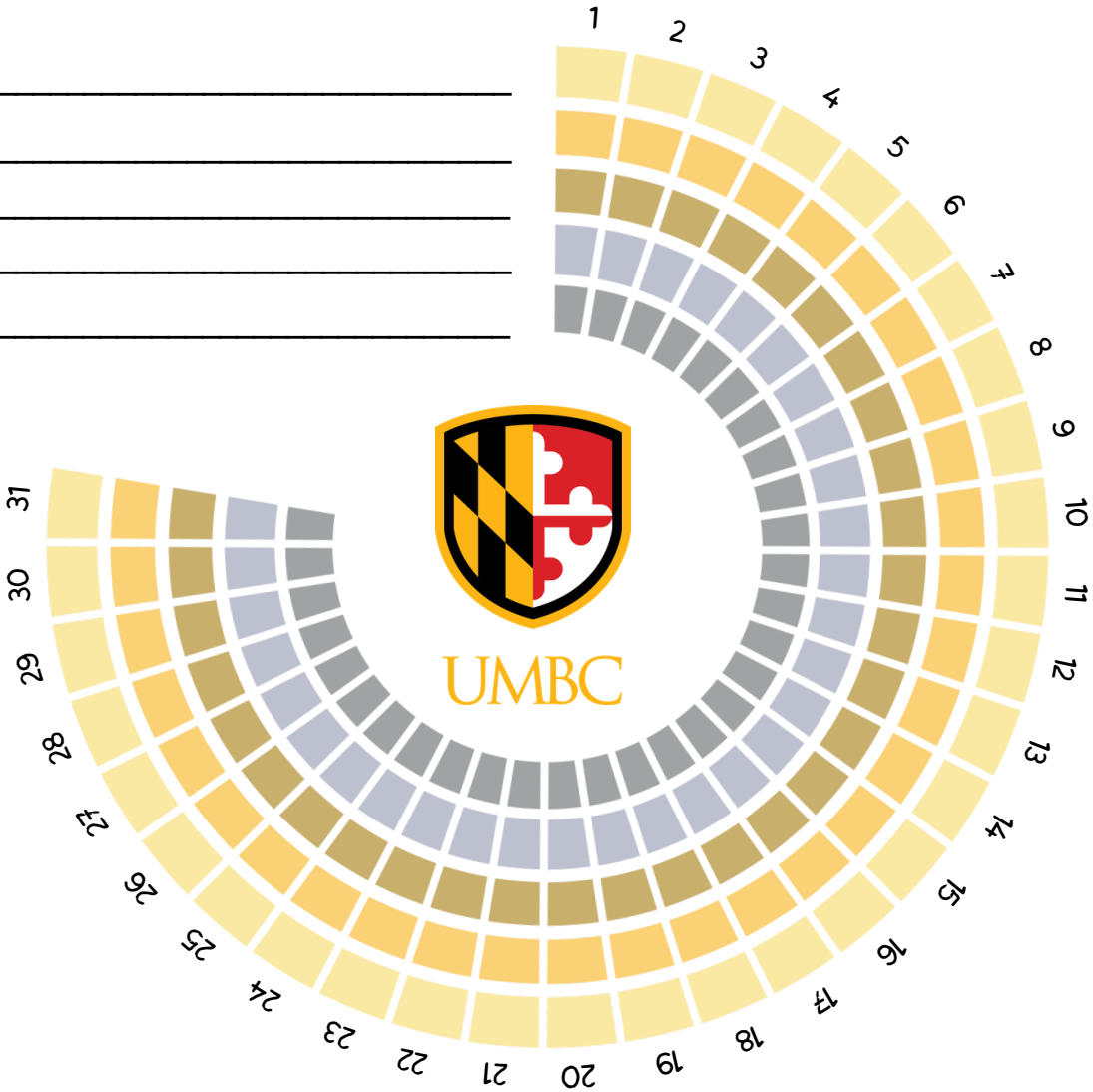
College Habit Tracker

We are what we repeatedly do. Excellence, then, is not an act, but a HABIT. –

Aristotle

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAILY HABIT



WEEKLY HABIT

	WK1	WK2	WK3	WK4	WK5

MONTHLY ASSESSMENT



ROCKED IT!



ROOM TO GROW



LOCK IN NEXT MONTH

Habit Hacks

MONTHLY HABITS

NOTES AND REFLECTION

THE 21-DAY MYTH

The complexity of your new habit matters when it comes to how long it will take for your behavior to become automatic. It can take anywhere between 18-254 days to develop a new, ingrained routine. Most people need approximately 66 days to lock in a new habit. Break things down and start one day, then one week, then one month at a time.

CONSISTENCY

Missing a single day does not ruin the process, but higher consistency speeds up how fast the brain automates the cue-response loop. Give yourself grace and jump back in as soon as you can!

HABIT STACKING

Consider using an established, ingrained behavior as an anchor or trigger for a habit you are looking to build. For example – associating the habit of brushing your teeth with going through your flashcards for the day. Keep it logical and specific. This can help build healthy habits by piggybacking on neural pathways you already have.

THE FORMULA: AFTER/WHILE I [CURRENT HABIT], I WILL [NEW HABIT].

SMART & EFFORTLESS

Start with small, achievable habits so you can avoid major friction points – simplicity is your friend! You will also want to set yourself up for success by creating an environment that cues your new habits such as leaving your computer open to your practice problems, planning your study sessions for when your roommate is in class, setting up a study space, creating a study playlist, keeping your flashcards visible, etc.

HABIT TRACKER IDEAS

DAILY: Preview Lecture Slides; Complete Five Practice Problems, Review Flashcards, Read/Review Textbook, Watch Supplemental Instruction Videos.

WEEKLY: Attend a Tutoring/SI PASS session, Study with Friends, Go to Office Hours, Complete a Knowledge Check and Make Notes of Trouble Spots.

HABIT TRACKER APPS

FOREST

FLORA

HABITICA

TICKTICK

LOOP HABIT TRACKER(ANDROID)

PIXELIST (IOS)