



HOMESCHOOLING

Student Habit Tracker



STUDENT NAME: _____

WEEK OF: _____

HABIT		MON	TUE	WED	THU	FRI	SAT	SUN
	Start my day with a quiet time	☐	☐	☐	☐	☐	☐	☐
	Complete my daily schoolwork	☐	☐	☐	☐	☐	☐	☐
	Stay focused and avoid distractions	☐	☐	☐	☐	☐	☐	☐
	Do my best work	☐	☐	☐	☐	☐	☐	☐
	Take care of my body (eat well, drink water)	☐	☐	☐	☐	☐	☐	☐
	Get fresh air or move my body	☐	☐	☐	☐	☐	☐	☐
	Be kind and respectful	☐	☐	☐	☐	☐	☐	☐
	Keep my space clean and tidy	☐	☐	☐	☐	☐	☐	☐
	End my day with a good bedtime routine	☐	☐	☐	☐	☐	☐	☐

NOTES

WEEKLY REFLECTION

What went well this week? _____

What was challenging? _____

One goal for next week: _____



SMALL HABITS. BIG GROWTH.

