PROFORMAGRID · STUDENT EDITION

bloom

academic planner

August 2026 — July 2027

THIS PLANNER BELONGS TO

OPEN MY PLANNER ›

Hello, you

let's make this year yours

ABOUT ME

NAME

SCHOOL

GRADE / YEAR

MAJOR / FOCUS

FAVOURITE STUDY SPOT

THIS YEAR I WANT TO…

MONTHS

August 2026	**September** 2026	**October** 2026
November 2026	**December** 2026	**January** 2027
February 2027	**March** 2027	**April** 2027
May 2027	**June** 2027	**July** 2027

Classes

- Semester 1 overview ›
- Semester 2 overview ›
- Class schedule · S1 ›
- Class schedule · S2 ›
- Course pages ›

Trackers

- Assignment tracker ›
- Exam prep planner ›
- Grades · S1 ›
- Grades · S2 ›

Study

- Study sessions ›
- Reading list ›
- Notes library ›

Life

- Goals ›
- Wellness check-in ›
- Student budget ›
- Study group contacts ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

2026 – 2027

the whole year, at a glance

August 2026

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2026

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2026

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2026

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2027

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2027

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2027

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2027

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2027

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2027

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2027

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Semester 1

map out the term

CLASS SCHEDULE ›

MY COURSES

COURSE	TEACHER / PROFESSOR	ROOM	CREDITS	PAGE
				1 ›
				2 ›
				3 ›
				4 ›
				5 ›
				6 ›
				7 ›
				8 ›

KEY DATES

ACADEMIC GOALS

grades I'm aiming for

CLUBS & ACTIVITIES

what I'm joining

THINGS TO LOOK FORWARD TO

trips, breaks, events

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Class schedule

semester 1

	MON	TUE	WED	THU	FRI	SAT
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						
8pm						

COURSE COLOUR KEY

OFFICE HOURS & STUDY BLOCKS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Semester 2

map out the term

CLASS SCHEDULE ›

MY COURSES

COURSE	TEACHER / PROFESSOR	ROOM	CREDITS	PAGE
				1 ›
				2 ›
				3 ›
				4 ›
				5 ›
				6 ›
				7 ›
				8 ›

KEY DATES

ACADEMIC GOALS

grades I'm aiming for

CLUBS & ACTIVITIES

what I'm joining

THINGS TO LOOK FORWARD TO

trips, breaks, events

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Class schedule

semester 2

	MON	TUE	WED	THU	FRI	SAT
7am						
8am						
9am						
10am						
11am						
12pm						
1pm						
2pm						
3pm						
4pm						
5pm						
6pm						
7pm						
8pm						

COURSE COLOUR KEY

OFFICE HOURS & STUDY BLOCKS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Course 1

know your class inside out

1 2 3 4 5 6 7 8

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Course 2

know your class inside out

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

Course 3

know your class inside out

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

Course 4

know your class inside out

1 2 3 4 5 6 7 8

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Course 5

know your class inside out

1 2 3 4 5 6 7 8

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Course 6

know your class inside out

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

Course 7

know your class inside out

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

Course 8

know your class inside out

1 2 3 4 5 6 7 8

COURSE NAME

CODE / SECTION

SEMESTER

THE DETAILS

TEACHER / PROFESSOR

EMAIL

OFFICE HOURS

ROOM / BUILDING

TEXTBOOK

TA / STUDY BUDDY

HOW I'M GRADED

COMPONENT	WEIGHT	MY SCORE

IMPORTANT DATES

NOTES & TIPS

QUESTIONS TO ASK

?

?

?

?

?

?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

August 2026

fresh start energy

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

Week of Aug 3 – 9

small steps still count

MON 3

TUE 4

WED 5

THU 6

FRI 7

SAT 8

SUN 9

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

M T W T F S S

STUDY HOURS

M T W T F S S

don't forget

Week of Aug 10 – 16

progress, not perfection

week 2

MON 10	TUE 11	WED 12	THU 13

FRI 14	SAT 15	SUN 16

don't forget

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Aug 17 – 23

one page at a time

week 3

MON 17	TUE 18	WED 19	THU 20

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

FRI 21	SAT 22	SUN 23

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Aug 24 – 30

you can do hard things

MON 24	TUE 25	WED 26	THU 27

FRI 28	SAT 29	SUN 30	don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Aug 31 – Sep 6

be proud of the effort

week 5

MON 31	TUE 1	WED 2	THU 3

FRI 4	SAT 5	SUN 6

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

August reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

September 2026

find your rhythm

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Sep 7 – 13

focus on what matters

week 6

MON 7	TUE 8	WED 9	THU 10

FRI 11	SAT 12	SUN 13

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Sep 14 – 20

breathe, then begin

week 7

MON 14	TUE 15	WED 16	THU 17

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

FRI 18	SAT 19	SUN 20

don't forget

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Sep 21 – 27

small steps still count

week 8

MON 21	TUE 22	WED 23	THU 24

FRI 25	SAT 26	SUN 27

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Sep 28 – Oct 4

progress, not perfection

week 9

MON 28	TUE 29	WED 30	THU 1

FRI 2	SAT 3	SUN 4

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

September reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

October 2026

you've got this

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Oct 5 – 11

one page at a time

week 10

MON 5	TUE 6	WED 7	THU 8

FRI 9	SAT 10	SUN 11

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Oct 12 – 18

you can do hard things

week 11

MON 12	TUE 13	WED 14	THU 15

FRI 16	SAT 17	SUN 18

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Oct 19 – 25

be proud of the effort

week 12

MON 19

TUE 20

WED 21

THU 22

FRI 23

SAT 24

SUN 25

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

don't forget

HABITS

M T W T F S S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Oct 26 – Nov 1

focus on what matters

week 13

MON 26	TUE 27	WED 28	THU 29

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FRI 30	SAT 31	SUN 1

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

October reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

November 2026

cozy & focused

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Nov 2 – 8

breathe, then begin

week 14

MON 2

TUE 3

WED 4

THU 5

FRI 6

SAT 7

SUN 8

don't forget

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Nov 9 – 15

small steps still count

week 15

MON 9

TUE 10

WED 11

THU 12

FRI 13

SAT 14

SUN 15

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

don't forget

HABITS

M T W T F S S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Nov 16 – 22

progress, not perfection

week 16

MON 16

TUE 17

WED 18

THU 19

FRI 20

SAT 21

SUN 22

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

don't forget

HABITS

M T W T F S S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Nov 23 – 29

one page at a time

week 17

MON 23	TUE 24	WED 25	THU 26

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

FRI 27	SAT 28	SUN 29

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Nov 30 – Dec 6

you can do hard things

week 18

MON 30	TUE 1	WED 2	THU 3

FRI 4	SAT 5	SUN 6

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

November reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

December 2026

finish strong

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Dec 7 – 13

be proud of the effort

week 19

MON 7	TUE 8	WED 9	THU 10

FRI 11	SAT 12	SUN 13

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Dec 14 – 20

focus on what matters

week 20

MON 14	TUE 15	WED 16	THU 17

FRI 18	SAT 19	SUN 20

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Dec 21 – 27

breathe, then begin

week 21

MON 21	TUE 22	WED 23	THU 24

FRI 25	SAT 26	SUN 27

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Dec 28 – Jan 3

small steps still count

week 22

MON 28	TUE 29	WED 30	THU 31

FRI 1	SAT 2	SUN 3

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

December reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

January 2027

new semester, new pages

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jan 4 – 10

progress, not perfection

week 23

MON 4	TUE 5	WED 6	THU 7

FRI 8	SAT 9	SUN 10

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jan 11 – 17

one page at a time

week 24

MON 11	TUE 12	WED 13	THU 14

FRI 15	SAT 16	SUN 17

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jan 18 – 24

you can do hard things

week 25

MON 18	TUE 19	WED 20	THU 21

FRI 22	SAT 23	SUN 24

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jan 25 – 31

be proud of the effort

week 26

MON 25	TUE 26	WED 27	THU 28

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

FRI 29	SAT 30	SUN 31

don't forget

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

January reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

February 2027

small steps count

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Feb 1 – 7

focus on what matters

week 27

MON 1	TUE 2	WED 3	THU 4

FRI 5	SAT 6	SUN 7

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Feb 8 – 14

breathe, then begin

week 28

MON 8	TUE 9	WED 10	THU 11

FRI 12	SAT 13	SUN 14

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Feb 15 – 21

small steps still count

week 29

MON 15	TUE 16	WED 17	THU 18

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

FRI 19	SAT 20	SUN 21

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Feb 22 – 28

progress, not perfection

week 30

MON 22	TUE 23	WED 24	THU 25
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○
○	○	○	○

FRI 26	SAT 27	SUN 28
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○
○	○	○

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

- ☐
- ☐
- ☐
- ☐
- ☐

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

February reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

March 2027

almost spring

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Mar 1 – 7

one page at a time

week 31

MON 1	TUE 2	WED 3	THU 4

FRI 5	SAT 6	SUN 7

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Mar 8 – 14

you can do hard things

week 32

MON 8	TUE 9	WED 10	THU 11

FRI 12	SAT 13	SUN 14

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Mar 15 – 21

be proud of the effort

week 33

MON 15	TUE 16	WED 17	THU 18

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

FRI 19	SAT 20	SUN 21

don't forget

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Mar 22 – 28

focus on what matters

week 34

MON 22	TUE 23	WED 24	THU 25

FRI 26	SAT 27	SUN 28

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Mar 29 – Apr 4

breathe, then begin

week 35

MON 29	TUE 30	WED 31	THU 1

FRI 2	SAT 3	SUN 4

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

March reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

April 2027

bloom where you are

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Apr 5 – 11

small steps still count

week 36

MON 5	TUE 6	WED 7	THU 8

FRI 9	SAT 10	SUN 11

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Apr 12 – 18

progress, not perfection

week 37

MON 12	TUE 13	WED 14	THU 15

FRI 16	SAT 17	SUN 18

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Apr 19 – 25

one page at a time

week 38

MON 19	TUE 20	WED 21	THU 22

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FRI 23	SAT 24	SUN 25

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Apr 26 – May 2

you can do hard things

week 39

MON 26	TUE 27	WED 28	THU 29

FRI 30	SAT 1	SUN 2

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

April reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

May 2027

keep going

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of May 3 – 9

be proud of the effort

week 40

MON 3	TUE 4	WED 5	THU 6

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

FRI 7	SAT 8	SUN 9

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of May 10 – 16

focus on what matters

week 41

MON 10	TUE 11	WED 12	THU 13

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

FRI 14	SAT 15	SUN 16

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of May 17 – 23

breathe, then begin

week 42

MON 17

TUE 18

WED 19

THU 20

FRI 21

SAT 22

SUN 23

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

don't forget

HABITS

M T W T F S S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of May 24 – 30

small steps still count

week 43

MON 24	TUE 25	WED 26	THU 27

FRI 28	SAT 29	SUN 30

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of May 31 – Jun 6

progress, not perfection

week 44

MON 31	TUE 1	WED 2	THU 3

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

FRI 4	SAT 5	SUN 6

don't forget

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

May reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

June 2027

the finish line

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jun 7 – 13

one page at a time

week 45

MON 7	TUE 8	WED 9	THU 10

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]

FRI 11	SAT 12	SUN 13	*don't forget*

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jun 14 – 20

you can do hard things

week 46

MON 14	TUE 15	WED 16	THU 17

FRI 18	SAT 19	SUN 20

don't forget

TOP 3 THIS WEEK

1
2
3

DUE THIS WEEK

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jun 21 – 27

be proud of the effort

week 47

MON 21	TUE 22	WED 23	THU 24

FRI 25	SAT 26	SUN 27

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jun 28 – Jul 4

focus on what matters

week 48

MON 28	TUE 29	WED 30	THU 1

FRI 2	SAT 3	SUN 4

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

June reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

July 2027

rest & reset

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

BIG DEADLINES

THIS MONTH'S FOCUS

EXAMS & QUIZZES

- [ ]
- [ ]
- [ ]
- [ ]

Month reset

habits · mood · reflection

OPEN ›

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jul 5 – 11

breathe, then begin

week 49

MON 5

TUE 6

WED 7

THU 8

FRI 9

SAT 10

SUN 11

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

HABITS

M T W T F S S

STUDY HOURS

M T W T F S S

don't forget

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jul 12 – 18

small steps still count

week 50

MON 12	TUE 13	WED 14	THU 15

FRI 16	SAT 17	SUN 18

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jul 19 – 25

progress, not perfection

week 51

MON 19	TUE 20	WED 21	THU 22

FRI 23	SAT 24	SUN 25

don't forget

TOP 3 THIS WEEK

1.
2.
3.

DUE THIS WEEK

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

HABITS

	M	T	W	T	F	S	S
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

STUDY HOURS

M	T	W	T	F	S	S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Week of Jul 26 – Aug 1

one page at a time

week 52

MON 26	TUE 27	WED 28	THU 29

TOP 3 THIS WEEK

1

2

3

DUE THIS WEEK

FRI 30	SAT 31	SUN 1

don't forget

HABITS

	M	T	W	T	F	S	S

STUDY HOURS

M T W T F S S

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

July reset

check in with yourself

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sleep 7h+	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Water	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mood	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

MOOD KEY: great good okay low rough

WINS THIS MONTH

what went right?

WHAT I LEARNED

about school & me

NEXT MONTH I WANT TO…

one small promise

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Assignment tracker

tick it off, feel amazing

DONE	COURSE	ASSIGNMENT	DUE	PRIORITY	STATUS	GRADE
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Assignment tracker

tick it off, feel amazing

DONE	COURSE	ASSIGNMENT	DUE	PRIORITY	STATUS	GRADE
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Assignment tracker

tick it off, feel amazing

DONE	COURSE	ASSIGNMENT	DUE	PRIORITY	STATUS	GRADE
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Assignment tracker

tick it off, feel amazing

DONE	COURSE	ASSIGNMENT	DUE	PRIORITY	STATUS	GRADE
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Assignment tracker

tick it off, feel amazing

DONE	COURSE	ASSIGNMENT	DUE	PRIORITY	STATUS	GRADE
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Assignment tracker

tick it off, feel amazing

DONE	COURSE	ASSIGNMENT	DUE	PRIORITY	STATUS	GRADE
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	
☐				○ ○ ○	to do doing done	

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Exam prep planner

prepared, not panicked

COURSE / EXAM	DATE	TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

COURSE / EXAM	DATE	TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Exam prep planner

prepared, not panicked

COURSE / EXAM	DATE	TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

COURSE / EXAM	DATE	TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Exam prep planner

prepared, not panicked

COURSE / EXAM	DATE	TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

COURSE / EXAM	DATE	TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Exam prep planner

prepared, not panicked

COURSE / EXAM | DATE | TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

COURSE / EXAM | DATE | TIME & ROOM

TOPICS TO COVER

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

COUNTDOWN STUDY PLAN

7 days	6	5	4	3	2	1 day	exam!

HOW CONFIDENT DO I FEEL?

1 2 3 4 5

AFTER THE EXAM · WHAT WORKED?

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Grade tracker

semester 1

COURSE	CREDITS	QUIZZES	ASSIGNMENTS	MIDTERM	FINAL	FINAL GRADE	GOAL	PTS

MY GPA / AVERAGE

this semester

GOAL

WHAT HELPED MOST

NEXT TIME I'LL…

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Grade tracker

semester 2

COURSE	CREDITS	QUIZZES	ASSIGNMENTS	MIDTERM	FINAL	FINAL GRADE	GOAL	PTS

MY GPA / AVERAGE

this semester

GOAL

WHAT HELPED MOST

NEXT TIME I'LL…

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Study session

deep focus mode

DATE

SUBJECT

SESSION GOAL

FOCUS BLOCKS · 25 MIN EACH

1 2 3 4

5 6 7 8

TASKS THIS SESSION

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DISTRACTION PARKING LOT

deal with it later

WHAT I LEARNED

explain it simply

REVIEW NEXT

for future me

Study session

deep focus mode

DATE

SUBJECT

SESSION GOAL

FOCUS BLOCKS · 25 MIN EACH

1 2 3 4

5 6 7 8

TASKS THIS SESSION

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DISTRACTION PARKING LOT

deal with it later

WHAT I LEARNED

explain it simply

REVIEW NEXT

for future me

Study session

deep focus mode

DATE

SUBJECT

SESSION GOAL

FOCUS BLOCKS · 25 MIN EACH

1 2 3 4

5 6 7 8

TASKS THIS SESSION

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DISTRACTION PARKING LOT

deal with it later

WHAT I LEARNED

explain it simply

REVIEW NEXT

for future me

Study session

deep focus mode

DATE

SUBJECT

SESSION GOAL

FOCUS BLOCKS · 25 MIN EACH

1 2 3 4

5 6 7 8

TASKS THIS SESSION

DISTRACTION PARKING LOT

deal with it later

WHAT I LEARNED

explain it simply

REVIEW NEXT

for future me

Study session

deep focus mode

DATE

SUBJECT

SESSION GOAL

FOCUS BLOCKS · 25 MIN EACH

1 2 3 4

5 6 7 8

TASKS THIS SESSION

DISTRACTION PARKING LOT

deal with it later

WHAT I LEARNED

explain it simply

REVIEW NEXT

for future me

Study session

deep focus mode

DATE

SUBJECT

SESSION GOAL

FOCUS BLOCKS · 25 MIN EACH

1 2 3 4

5 6 7 8

TASKS THIS SESSION

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

DISTRACTION PARKING LOT

deal with it later

WHAT I LEARNED

explain it simply

REVIEW NEXT

for future me

Reading list

required & just-for-me

TITLE	AUTHOR / COURSE	DUE / GOAL	PROGRESS	RATING

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Goals *semester 1*

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Goals *semester 2*

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

BY

WHY IT MATTERS

SMALL STEPS

HOW I'LL CELEBRATE

PROGRESS

0% 100%

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Wellness check-in

you matter more than your grades

Rest

naps, sleep, slow mornings

Move

walks, dance, stretch

Connect

friends, family, call someone

Joy

things that light me up

WEEKLY ENERGY CHECK

	MON	TUE	WED	THU	FRI	SAT	SUN
Sleep (hrs)							
Water							
Energy							
Stress							

WHEN I FEEL OVERWHELMED, I CAN…

PEOPLE I CAN TALK TO

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Student budget

semester 1

MONEY IN

Job / allowance	
Scholarships	
Savings	
Other	
TOTAL	

PLANNED SPENDING

Rent / dorm	
Phone	
Transport	
Groceries	
Books & supplies	
Subscriptions	
Eating out	
Fun	
Savings goal	

SPENDING LOG

DATE	WHAT	CATEGORY	AMOUNT

Student budget

semester 2

MONEY IN

Job / allowance	
Scholarships	
Savings	
Other	
TOTAL	

PLANNED SPENDING

Rent / dorm	
Phone	
Transport	
Groceries	
Books & supplies	
Subscriptions	
Eating out	
Fun	
Savings goal	

SPENDING LOG

DATE	WHAT	CATEGORY	AMOUNT

Study group

better together

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

CLASS
PHONE
EMAIL / SOCIALS

Notes library

your second brain

01 LINED	02 LINED	03 LINED	04 LINED	05 LINED	06 LINED	07 LINED	08 LINED
09 LINED	10 LINED	11 LINED	12 LINED	01 DOT GRID	02 DOT GRID	03 DOT GRID	04 DOT GRID
05 DOT GRID	06 DOT GRID	07 DOT GRID	08 DOT GRID	01 CORNELL	02 CORNELL	03 CORNELL	04 CORNELL
05 CORNELL	06 CORNELL	07 CORNELL	08 CORNELL	01 BLANK	02 BLANK	03 BLANK	04 BLANK

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

lined · 01

TOPIC _____ DATE _____

Notes *lined · 02*

TOPIC _____ DATE _____

Notes

lined · 03

TOPIC _____ DATE _____

Notes

lined · 04

TOPIC _____ DATE _____

Notes

lined · 05

TOPIC _____ DATE _____

Notes

lined · 06

TOPIC _____ DATE _____

Notes

lined · 07

TOPIC _____ DATE _____

Notes

lined · 08

TOPIC _____ DATE _____

Notes

lined · 09

TOPIC _____ DATE _____

Notes

lined · 10

TOPIC _____ DATE _____

Notes

lined · 11

TOPIC _____ DATE _____

Notes

lined · 12

TOPIC _____ DATE _____

Notes *dot · 01*

TOPIC _____ DATE _____

Notes *dot · 02*

TOPIC _____ DATE _____

Notes *dot · 03*

TOPIC _____ DATE _____

Notes *dot · 04*

TOPIC _____ DATE _____

Notes *dot · 05*

TOPIC _____ DATE _____

Notes *dot · 06*

TOPIC _____ DATE _____

Notes *dot · 07*

TOPIC _____ DATE _____

Notes *dot · 08*

TOPIC _____ DATE _____

Notes

cornell · 01

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 02

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 03

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 04

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 05

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 06

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 07

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

cornell · 08

TOPIC _____ DATE _____

CUES & QUESTIONS

NOTES

SUMMARY IN MY OWN WORDS

AUG '26
SEP '26
OCT '26
NOV '26
DEC '26
JAN '27
FEB '27
MAR '27
APR '27
MAY '27
JUN '27
JUL '27

Notes

blank · 01

TOPIC _____ DATE _____

Notes

blank · 02

TOPIC _____ DATE _____

Notes

blank · 03

TOPIC _____ DATE _____

Notes

blank · 04

TOPIC _____ DATE _____