_____'s Goal: To develop effective homework and study skills to achieve the marks I need to take IB classes every year.

Progress toward my goal: Write down the date, the amount of time spent on homework, what the homework was and what you did to reward yourself → the time spent on the reward should not be longer than the time spent on homework

Sun	Mon	Tue	Wed	Thurs	Friday	Sat
e.g. →April 4 7-8:00 3 overdue assignments Reward 1 hr. TV						