

3. Habit Streak Tracker

Visualize your consistency with a calendar-based tracking system. Mark an "X" or checkmark (✓) for each day you complete your study habit.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

4. SMART Study Goal Planner

Set clear goals using the SMART framework (Specific, Measurable, Achievable, Relevant, Time-bound) and monitor achievement.

Component	Description
Specific	What exactly do you want to accomplish?
Measurable	How will you measure progress?
Achievable	Is this goal realistic and attainable?
Relevant	Why is this goal important?
Time-bound	What is your deadline?