

Diary

Date _____

Suggested for Ages 13–14

I am trying harder to:

_____ be prepared for quizzes and tests.

_____ start with the difficult work first.

_____ start my homework right after dinner instead of putting it off.

What am I doing to make sure my homework gets done every day?

_____ Setting my watch to remind me when it is time to go to sleep

_____ Going to bed earlier

What else?

Feelings Rating _____

