




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

Study Log Instructions

After you finish studying for the day, put a big X over that day in the bottom of the sheet (If it's September 27, you would put an X over the 27). After a few days you'll have a chain XXXXXXXXXXXX.

**If you did not study one day, do not put an X over that day.**

Just keep at it and the chain will grow longer every day. Your only job next is to not break the chain.

Don't Break The Chain!