

Study Log

Name: _____

Date: _____

Location: _____

Start Time: _____ End Time: _____ Total Duration: _____

Environment Check-in:

- ☐ Social or ☐ Solitary
- ☐ Public or ☐ Private
- ☐ Well-lit
- ☐ I had all my supplies and materials
- ☐ To prevent distraction, I: _____
- _____
- _____

Physical Check-in:

- ☐ I am well rested
- ☐ Hours of sleep in last 24 hours:
- ☐ I have eaten some healthy food
- ☐ I am well hydrated
- ☐ I have moved my body with intention today

My goals for the study session (check off when complete):

- ☐
- ☐
- ☐
- ☐
- ☐

Study approaches or methods used:

Having completed this session, I feel:

- | | | |
|---------------------------------------|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> Stressed | <input type="checkbox"/> Tired | <input type="checkbox"/> At ease |
| <input type="checkbox"/> Accomplished | <input type="checkbox"/> Energized | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Satisfied | <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Defeated |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Disheartened | <input type="checkbox"/> |
| <input type="checkbox"/> Proud | <input type="checkbox"/> Happy | <input type="checkbox"/> |

My goals for next session: