**Part 2: Implement and Evaluate Your Plan**

Use this worksheet to help you monitor your attention, track your progress, and evaluate your performance when studying.

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| **Study/Work Objectives**Identify the tasks you want to complete. | **Before**Preplan your study approach and pick your checkpoint(s). | **During**What strategies will you use to help maintain attention while studying? | **Checkpoint**Stop and check your progress. Need to make any changes? | **Reflect/Review**Evaluate your session and reward yourself!  |
| 1) Click to enter text. 2) Click to enter text.3) Click to enter text. | Tools used to prep:Where to study?Click to enter text. When to study?Click to enter text.How long to study?Click to enter text.Break/study schedule?Click to enter text.Materials needed?Click to enter text.Accountability?Click to enter text.Pick checkpoint times:Time 1:      Time 2:      Time 3:       | [ ]  Self-Script[ ]  Thought Pad[ ]  Attention Checks[ ]  Pomodoro Technique[ ]  Study Partner­­[ ]       [ ]       [ ]        | Check-point 1: Click to enter text.[ ]  Completed objective(s)[ ]  Used selected strategiesRate your attention:[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5Needed change: Click to enter text.Check-point 2: Click to enter text.[ ]  Completed objective(s)[ ]  Used selected strategiesRate your attention:[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5Needed change: Click to enter text.Check-point 3: Click to enter text.[ ]  Completed objective(s)[ ]  Used selected strategiesRate your attention:[ ] 1 [ ] 2 [ ] 3 [ ] 4 [ ] 5Needed change: Click to enter text. | What worked?Click to enter text.What didn’t work?Click to enter text.What got in the way?Click to enter text.What can I do differently?Click to enter text. |
| Reward:Click to enter text. |