

My Study Focus CHECKLIST



Instructions

1. Set a timer for 15–20 minutes.
2. Pick your task(s) for this round.
3. When the timer rings, take a 5-minute break together.
4. Check off what you did, circle how you felt, and celebrate your small win!

"Step by step, progress grows!"

Timer & Task Tracker

Date: ____ / ____ / ____

S M T W T F S



"Did I finish my 15-min study + 5-min break?"

Today's Task/Topic _____

Progress & Achievements

How many did I finish this round?  (Fill in number)

Small Win: _____

Feelings & Focus

How I felt today?



Your emotions are valid!

Stars



How focused was I? Colour the stars!

Our Little Reminder

My Note to Myself

A Cheer from My Parent

Every little step counts — one Pomodoro at a time. You did it!
And, it's okay if focus is short at first.

