brightstudy

FREE RESOURCE — PLANNER

30-Day Study Habit Tracker

Build up to five study habits over thirty days with a tick grid, weekly reflections and a habit-design guide that makes the habits stick.

30	5	2 min	4
DAYS	HABITS MAXIMUM	MINIMUM VERSION	WEEKLY REFLECTIONS

HABITS · CUES · CONSISTENCY · REVIEW

PREPARED BY	CATEGORY	EDITION	LATEST VERSION
BrightStudy	Focus and wellbeing	2026, A4 PDF	brightstudy.ai/resources/study-habit-tracker

What is inside

A habit is a decision you no longer have to make. Students who review flashcards every day do not rely on motivation; they rely on a cue and a routine. This tracker helps you install up to five habits in thirty days. The design page walks you through making each habit small enough to do on a bad day, attaching it to something you already do, and deciding how you will know it happened. The grid gives you a tick per habit per day, the weekly reflections catch problems early, and the day-30 review decides what to keep.

SECTIONS

1. Designing a habit that survives
2. My five habits
3. Days 1 to 15
4. Days 16 to 30
5. Day-30 review and the next thirty days

WHO IT IS FOR

Anyone who starts a revision routine with enthusiasm and abandons it after a week, and students who want a reliable daily minimum during exam season.

WHAT IS INCLUDED

- Habit design guide: make it small, attach it to a cue, define "done"
- Five example habits with cue, routine and done-test worked out
- Thirty-day grid for up to five habits
- Four weekly reflections with a "shrink or keep" decision
- Day-30 review and the next thirty days

01

Designing a habit that survives

1. Choose the behaviour. Pick something that matters for your goal, not something that sounds impressive.
2. Shrink it to a minimum version you could do in two minutes on a bad day.
3. Attach it to a cue: "After I [existing habit], I will [new habit]".
4. Decide the done-test: what you can see or count that proves it happened.
5. Prepare the environment the night before so starting takes no decisions.
6. Track it. The tick is a small reward and the grid makes misses visible.

FIVE EXAMPLES

HABIT	MINIMUM VERSION	CUE	DONE-TEST
Daily flashcards	2 minutes, or 5 cards	After I make my morning drink	Due queue cleared, or 5 cards ticked
Plan tomorrow	Write tomorrow's first task	When I close my laptop for the night	The task is written on the daily checklist
One past-paper question	One question, marked	When I sit down after dinner	Score written in the paper log
Phone out of the room	Put it in the drawer	When I open my notes	Phone is not on the desk
Lights out by 11	In bed, lights off	When the 10:45 alarm goes	Alarm acknowledged, light off

02

My five habits

Fill in all four columns for each habit before day 1. A habit without a cue and a done-test does not go on the grid.

#	HABIT	MINIMUM VERSION	CUE: AFTER I…	DONE-TEST
1				
2				
3				
4				
5				

What I will prepare the night before so each habit starts without a decision:

Who I will tell, so someone asks me how it is going:

03

Days 1 to 15

Start date _____. Tick for done (the minimum version counts). Leave blank for missed; never miss twice.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Habit 1															
Habit 2															
Habit 3															
Habit 4															
Habit 5															

WEEK 1 REFLECTION (DAY 7)

Misses this week and what got in the way:

Any habit to shrink or move to a better cue?

WEEK 2 REFLECTION (DAY 14)

Which habit is easiest now? Which still needs willpower?

One adjustment:

04

Days 16 to 30

	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Habit 1															
Habit 2															
Habit 3															
Habit 4															
Habit 5															

WEEK 3 REFLECTION (DAY 21)

Misses this week and what got in the way:

Any habit that has become automatic (no willpower needed)?

WEEK 4 REFLECTION (DAY 28)

Which habit made the biggest difference to my studying?

One adjustment:

05

Day-30 review and the next thirty days

HABIT	DAYS DONE / 30	AUTOMATIC? (YES / NEARLY / NO)	KEEP, GROW, SHRINK OR DROP	NEXT VERSION
1				
2				
3				
4				
5				

What I learned about when and where I study best:

The one new habit for the next thirty days (and its cue):

Keep going

BRIGHTSTUDY

This resource covers the part of studying that happens away from a screen. BrightStudy does the rest: upload your notes, slides or recordings and it turns them into Study Docs, flashcards and exam-style questions, then schedules your reviews with spaced repetition. There is a free plan to get started.

PAIRS WELL WITH FOCUS AND WELLBEING

FEATURE	WHAT IT DOES	LINK
Study Calendar	Plan revision, exams, deadlines and events.	brightstudy.ai/features/study-calendar
Themes	Choose the look and atmosphere of your study space.	brightstudy.ai/features/themes
AI Tutors	Ask questions and explore difficult concepts.	brightstudy.ai/features/ai-tutors
Progress Analytics	Track your study activity and performance.	brightstudy.ai/features/progress

RELATED RESOURCES

RESOURCE	LINK
Focus Session Tracker	brightstudy.ai/resources/pomodoro-focus-tracker
Sleep and Energy Log	brightstudy.ai/resources/sleep-and-energy-log
Exam Stress Toolkit	brightstudy.ai/resources/exam-stress-toolkit

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