



## How to use your Study/Practice Chart

Learning anything takes time. But it is not just how many hours you study or practice, but how many days. So when you want to learn something new this chart can help you focus on your goal and keep track of your study habits.

To get started, print the chart and write your name and what you want to learn at the top. Then fill in the months of the year starting with this month in the blank spaces on the right hand side. Now you have a calendar that you can use to check off every day that you make some progress towards your goal. After every practice or study session you can fill in the box representing that day with an 'X' or a star or you can have a parent or teacher initial the space for you.

Your goal is to fill in as many spaces as you can by practicing every day. If you skip a day you won't be able to fill it in later, so put this chart in a place where you can see it every day as a reminder. Even if you don't have time for a full study session, take 10 minutes to review what you did during your last session. If you don't have the equipment or space to practice your skill every day find some books about the subject to learn all you can about getting better at what you do.

It is hard to guess how long it takes to learn any skill, but the best and fastest way is to make steady progress every day.

Learning information is a combination of reading new material and reviewing what you've read before. Read old chapters from your textbooks again and read ahead too! Quiz yourself occasionally to see how well you're learning. It will help to train your brain to remember what you've learned.

You can use this chart to learn ANYTHING! You can even learn more than one thing at once. Just print multiple study charts and practice each subject every day.

Look at your chart from time to time to see how well you are doing. Are your days mostly full or mostly blank? Do you need to change your habits to be able to fill in more days? What happened on the days you left blank to keep you from studying? Is your goal still important enough to you to keep trying? Give yourself a reward for practicing 10 days in a row.

Wanting to do something and actually doing it are two different things. Use this chart to help you get off the couch and start learning what you want today!

Learn more! at **[ScienceofJuggling.com](http://ScienceofJuggling.com)**

What do you want to learn more than anything?  
How hard are you willing to work for it?  
Do you want it enough to keep trying tomorrow?  
And the next day and the day after that?

Here are just a few things you can learn using this practice chart.

**Learning information:**

a new language  
science  
reading  
computer programming  
history  
geography  
auto repair  
law  
medicine

**Practicing Skills:**

math skills  
playing an instrument  
riding a bicycle  
juggling  
balancing  
sports  
games  
sewing  
cooking  
creative writing  
gardening  
carpentry  
flying a plane

skydiving  
skateboarding  
drawing  
acting  
dancing  
singing

**Changing Behaviors:**

eating healthy snacks  
regular exercise  
reading a good book every day  
going to bed on time  
getting to school on time  
saving money  
cleaning  
studying before playing  
being polite

What else could you learn?  
Write them down here.

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