# Student Habit Builder

**Student:**

**Coach:**

**Date:**

## Habits:

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## Next Meeting

**Date:**

**Time:**

**Location:**

### Habit Examples:
- Go to class
- Get to class on time
- Get a good night’s sleep
- Submit an assignment on time
- Take notes
- Study
- Participate in class discussions
- Learn something
- Eat well
- Exercise
- Socialize
- Enjoy life!

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**Small Steps, Every Day**