

Student Motivation Checklist

Daily Exam Preparation Tracker

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Keep this checklist by your study table and run through it every evening during exam season:

Name: _____

Date: _____

☐ I studied according to my timetable.

☐ I completed today's goals.

☐ I revised yesterday's topics.

☐ I solved practice questions.

☐ I avoided unnecessary phone use.

☐ I exercised or walked.

☐ I drank enough water.

☐ I ate healthy meals.

☐ I slept on time.

☐ I stayed positive today.

Small daily habits build big exam results.

Print this checklist and place it near your study table for daily tracking.