

I want to put a(n) _____ amount of effort into
(describe how much: large, medium, etc.)
science and _____ effort into school this
(describe amount)
quarter. In this class, I want to focus the most on _____,
(notebook, homework, tests)
because _____

(explain why)
During class, I want to _____
_____. (describe what you want to do in class)

This will take _____ effort. After
(describe the amount)
school, I will spend _____ on science. I plan to
(time in minutes)
work on my homework at _____ (location),
from _____ to _____ p.m. (time). To help me focus on my homework,
I will _____
_____. (description)

Last quarter I put _____ of effort into science, and
(an amount)
this quarter I want to _____ my effort. To do this, I will
(increase/maintain)
_____.
(describe your action)

Last quarter, one thing that I was successful at was when I _____
_____. To
(describe your action)
improve this quarter, one thing I could do differently is _____
_____.
(describe your action)

At the end of the quarter, I will know if my effort paid off because
_____.
(describe the result of your effort)

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