EXECUTIVE FUNCTION 101

Homework Log

Directions: Use the log below to help you develop a better understanding of how to manage your time, complete your homework, and build an understanding of what process works best for you personally.

1. In column 1 , organize your homework assignments.
2. In column 2, predict how long you think your work might take.
3. In columns 3-6, keep track of your process and progress.

1 Class & Assignment	2 Prediction How long do you think it will take?	3 Start Time	4 Stop Time	5 Location & Materials Where did you work? What did you have with you?	6 Mindset What did you actually do? How did you feel? What new plan did you make?
Math - 5 problems	10 mins	8:10	8:30	bed	distracted, hungry work at desk next time

LANDMARK SCHOOL

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