Stay-on-track plan

Notice the early signs you're slipping, decide your reminders ahead of time, and write the steps you'll take to recover, plus who you'll ask for help.

NAME _____ DATE _____

My early warning signs (skipping readings, avoiding email, late nights…):

What usually triggers putting things off for me:

Reminders I'll set (phone, calendar, a friend):

My 5-minute start rule: the tiny first step I'll do when I'm stuck:

If I fall behind, my recovery steps are:

MY SUPPORT LIST

Who can help	For what	How to reach them
Instructor or TA		
Academic advisor		
Learning or writing centre		
Counselling or wellness		
A friend or classmate		