

10 Good Habits Chart for Students

Sl No	Habit	Description	Daily Check
1	Wake Up Early	Start the day fresh with enough time for studies and school.	<input type="checkbox"/>
2	Morning Exercise	Do 10–15 minutes of stretching or walking to stay active.	<input type="checkbox"/>
3	Eat Healthy Breakfast	Never skip breakfast; include fruits or milk for energy.	<input type="checkbox"/>
4	Stay Organized	Keep books, bags, and stationery neat and ready for school.	<input type="checkbox"/>
5	Finish Homework on Time	Complete assignments daily instead of rushing last minute.	<input type="checkbox"/>
6	Read Daily	Spend at least 20 minutes reading (school books or other).	<input type="checkbox"/>
7	Limit Screen Time	Reduce mobile/TV use, focus more on studies & hobbies.	<input type="checkbox"/>
8	Practice Good Manners	Be polite, respectful, and helpful to teachers & friends.	<input type="checkbox"/>
9	Revise Before Sleep	Quickly revise what you studied during the day.	<input type="checkbox"/>
10	Sleep Early	Get 7–8 hours of proper sleep for better focus.	<input type="checkbox"/>

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