THE GOLDEN RULE OF 30 () (~Magoosh)
Track the number of hours you study. The first 30 are golden! Ideally, shoot for 90 .

| WEEK | DATES | SU | M | T | W | TH | F | SA | TOTAL HOURS |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |  |  |  |

Tracking progress is a great way to boost motivation. At the end of each week, plot 2 points on the graph. One dot should represent the number of hours you studied that week, and the other should be your running total. See bottom for example.

HOURS DEVOTED TO ACT PRACTICE



