

## Procrastination Chart Example

<i><b>TASK</b></i>	<i><b>REASON</b></i>	<i><b>STRATEGY USED</b></i>	<i><b>STATUS</b></i>
<p><b>Example</b> Need to write a 5-page research paper that is due 1 week from today. I have known about it for 3 weeks and keep putting it off.</p>	<p><b>Example</b> Cannot decide on a topic and I hate to write.</p>	<p><b>Example</b> Personal goal is to receive an A in the class, so I need an A on the paper.</p>	<p><b>Example</b> <b>Specific Plans</b> Day 1: Decide on topic and begin researching, Find 3 resources. Day 2: Make an outline and gather information from my 3 resources. Day 3: Determine my thesis statement and my Introductory paragraph. Day 4: Write the rough draft using the writing rubric provided. Day 5: Review and edit the rough draft using the writing rubric provided for the assignment. Day 6: Write the conclusion and make final revisions. Day 7: Type and proof read. Have my friend or a family member proof read my paper. Day 8: Hand in paper with confidence.</p> <p><b>Time Frame:</b> 1 week.</p> <p><b>Reward for completing:</b> <b>Internal</b>-A on paper and hopefully A in class to maintain my 3.5 grade point average. <b>External</b>-Celebrate with my friends by going out to eat.</p>

## \_\_\_\_\_ 's Procrastination Chart

<b>TASK</b>	<b>REASON</b>	<b>STRATEGY USED</b>	<b>STATUS</b>
			<p><b>Specific Plans:</b></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li><li>4.</li><li>5.</li></ol> <p><b>Time Frame:</b></p> <p><b>Reward for completing:</b> <b>Internal</b></p> <p><b>External</b></p>