

Weekly Study Log

Plan the week, record what you actually did, and see where the time went.



Name: _____ Week of: _____

THIS WEEK'S GOALS

1. _____
2. _____
3. _____

DAY BY DAY

Day	Course / topic	How I studied	Planned min	Actual min	Focus 1-5	Done
Mon date: ____						☐
						☐
Tue date: ____						☐
						☐
Wed date: ____						☐
						☐
Thu date: ____						☐
						☐
Fri date: ____						☐
						☐
Sat date: ____						☐
						☐
Sun date: ____						☐
						☐

Total planned (min): _____

Total actual (min): _____

Goals met: ____ / 3

Review Queue cleared: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

What worked this week _____ _____ _____ _____
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What I will change next week _____ _____ _____ _____

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Turn the topics you logged into practice: upload your notes and let the app write the quizzes.