



STUDY TIME TRACKER

Small steps today, big results tomorrow.



NAME: _____

MONTH: _____

MONTHLY GOAL: _____ HOURS

WHY I STUDY: _____

DATE 	DAY 	SUBJECT / TOPIC 	STUDY START TIME 	STUDY END TIME 	TOTAL TIME (HOURS) 	FOCUS LEVEL (1-5) 	NOTES
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	
___ / ___			___:___ AM/PM	___:___ AM/PM		☆☆☆☆☆	

WEEKLY SUMMARY

TOTAL HOURS THIS WEEK: _____

SUBJECT I FOCUSED MOST ON: _____

★ MY ACHIEVEMENT: _____



STUDY GOALS

- ☐ Study consistently
- ☐ Understand better
- ☐ Complete assignments on time
- ☐ Improve focus
- ☐ Score my best
- ☐ Other: _____

NOTES & REMINDERS



★ Stay focused. Stay positive. Keep going! ♥