



STUDY TIME TRACKER

Plan Your Time. Focus Your Mind. Achieve Your Goals!



Name: _____

Class/Grade: _____

Section: _____ Roll No.: _____

Week Of: _____

My Goal This Week: _____

DAY 	SUBJECT / TOPIC 	PLANNED STUDY TIME 	ACTUAL STUDY TIME 	TOPICS COVERED 	FOCUS LEVEL (1-5) 	NOTES
MON ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____
TUE ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____
WED ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____
THU ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____
FRI ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____
SAT ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____
SUN ☆	_____	__ : __ AM / PM	__ : __ AM / PM	_____	☆☆☆☆☆	_____

WEEKLY SUMMARY

⌚ Total Hours Planned: _____

⌚ Total Hours Studied: _____

Subject I Focused Most On: _____

Something I'm Proud Of: _____



STUDY GOALS

- ☐ Complete all my homework
- ☐ Understand difficult topics
- ☐ Study without distractions
- ☐ Revise regularly
- ☐ Ask questions in class
- ☐ Score better in tests
- ☐ Other: _____

Keep going,
keep growing!

MY REFLECTION

What went well this week?

What can I improve?

One thing I will do better next week:



Stay Positive. Stay Focused. Keep Learning!

