



STUDY TIME TRACKER

FOCUS TODAY, ACHIEVE TOMORROW.



NAME: _____

COLLEGE/UNIVERSITY: _____

SEMESTER: _____ YEAR: _____

COURSE/MAJOR: _____

WEEK OF: _____ 

WEEKLY STUDY GOAL: _____ HOURS

WHY THIS GOAL? _____

DATE 	DAY 	SUBJECT / COURSE 	TOPICS / CHAPTERS 	PLANNED STUDY TIME 	ACTUAL STUDY TIME 	STUDY METHOD (Notes, Reading, Practice, etc.) 	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 SPENT MOST TIME ON: _____

I'M PROUD OF: _____

STUDY GOALS

- ☐ Complete all assignments
- ☐ Understand key concepts
- ☐ Prepare for exams
- ☐ Improve grades
- ☐ Read beyond syllabus
- ☐ Stay consistent
- ☐ Other: _____

REFLECTION

What went well this week?

What challenges did I face?

What can I do better next week?

Consistency is the key to success.