



DAILY STUDY TIME TRACKER

Every hour you study, you're one step closer to your goals! ❤️



DATE: _____

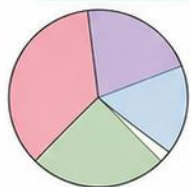
DAY: _____

TODAY'S STUDY GOAL: _____

TARGET STUDY TIME: _____ HOURS _____ MINUTES

SUBJECT / TOPIC 	PLANNED STUDY TIME 	ACTUAL STUDY TIME 	TOPICS COVERED / WHAT I STUDIED 	FOCUS LEVEL (1-5) 	NOTES / KEY POINTS 
_____	___ h ___ m	___ h ___ m	_____	☆☆☆☆☆	_____
_____	___ h ___ m	___ h ___ m	_____	☆☆☆☆☆	_____
_____	___ h ___ m	___ h ___ m	_____	☆☆☆☆☆	_____
_____	___ h ___ m	___ h ___ m	_____	☆☆☆☆☆	_____
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_____	___ h ___ m	___ h ___ m	_____	☆☆☆☆☆	_____
_____	___ h ___ m	___ h ___ m	_____	☆☆☆☆☆	_____
TOTAL STUDY TIME TODAY: _____ HOURS _____ MINUTES					

TIME BREAKDOWN



- _____
- _____
- _____
- _____

MOST PRODUCTIVE TIME:

LEAST PRODUCTIVE TIME:



TODAY I...

- ☐ Followed my study plan
- ☐ Understood new concepts
- ☐ Solved practice questions
- ☐ Took short breaks
- ☐ Stayed focused
- ☐ Did my best!
- ☐ Other: _____



I'M PROUD OF:



REFLECTION



What went well today?

What challenges did I face?

What can I improve tomorrow?



Small steps every day lead to big results. ❤️