



WEEKLY STUDY TIME TRACKER



Plan Your Week. Use Your Time. Achieve Your Goals.

NAME: _____

WEEK OF: _____



WEEKLY GOAL: _____

MY MOTIVATION: _____



DAY	PLANNED STUDY TIME (HH:MM)	ACTUAL STUDY TIME (HH:MM)	TOPICS / SUBJECTS I STUDIED	FOCUS LEVEL (1-5)	NOTES / KEY TAKEAWAYS
MON	___ h ___ m	___ h ___ m		☆☆☆☆☆	
TUE	___ h ___ m	___ h ___ m		☆☆☆☆☆	
WED	___ h ___ m	___ h ___ m		☆☆☆☆☆	
THU	___ h ___ m	___ h ___ m		☆☆☆☆☆	
FRI	___ h ___ m	___ h ___ m		☆☆☆☆☆	
SAT	___ h ___ m	___ h ___ m		☆☆☆☆☆	
SUN	___ h ___ m	___ h ___ m		☆☆☆☆☆	
WEEKLY TOTAL	___ h ___ m	___ h ___ m			

WEEKLY SUMMARY



TOTAL PLANNED TIME: _____

TOTAL ACTUAL TIME: _____

DIFFERENCE: _____

SUBJECT I SPENT THE MOST TIME ON: _____

SUBJECT I NEED TO FOCUS MORE ON: _____

MOST PRODUCTIVE DAY: _____



STUDY GOALS



- ☐ Complete all assignments
- ☐ Understand key concepts
- ☐ Improve grades
- ☐ Prepare for tests/exams
- ☐ Read more & take notes
- ☐ Stay consistent
- ☐ Other: _____

REMEMBER:

Consistency today, success tomorrow!

WEEKLY REFLECTION



What went well this week?

What challenges did I face?

What can I do better next week?

One thing I'm proud of: _____



Small efforts, big progress. Keep going! You've got this!

