



STUDY TIME Tracker

PLAN. FOCUS. STUDY. SUCCEED.



NAME: _____

UNIVERSITY: _____

COURSE / MAJOR: _____

WEEK OF: _____

SEMESTER: _____

WEEKLY STUDY GOAL: _____ HOURS

DAY	PLANNED STUDY TIME (HH:MM)	ACTUAL STUDY TIME (HH:MM)	SUBJECT / COURSE (WHAT I STUDIED)	TOPICS / CHAPTERS COVERED	STUDY METHOD (Notes, Reading, Practice, etc.)	FOCUS LEVEL (1 - 5)	NOTES / KEY TAKEAWAYS
MON	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
TUE	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
WED	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
THU	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
FRI	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
SAT	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
SUN	___ : ___	___ : ___	_____	_____	_____	☆☆☆☆	_____
WEEKLY TOTAL	___ : ___	___ : ___	TOTAL HOURS THIS WEEK: _____ HOURS				

WEEKLY SUMMARY

TOTAL PLANNED TIME: _____

TOTAL ACTUAL TIME: _____

DIFFERENCE: _____ (+/-)

SUBJECT I SPENT THE MOST TIME ON: _____

MOST PRODUCTIVE DAY: _____

LEAST PRODUCTIVE DAY: _____

“ Discipline today,
Success tomorrow. ”

STUDY GOALS

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

THIS WEEK, I WILL FOCUS ON: _____

WEEKLY REFLECTION

What went well this week?

What challenges did I face?

What can I improve next week?

One thing I'm proud of: _____



Small steps every day lead to big results. ♥

