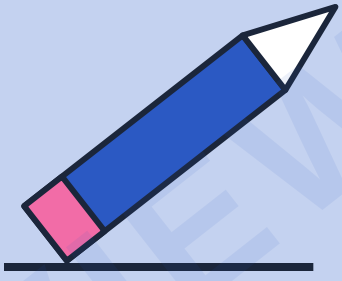
JOURNAL · EDUCATION

FREE PREVIEW



PREVIEW

Daily Study Journal

Plan study sessions, measure focus and finish with reflection

Daily Study Journal

THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Daily Study Journal

1. Write today's goal, fill the subject table, tick your tasks, then rate your focus and understanding.
2. Fill one page per session; a date and a few quick notes are enough.
3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.
4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

- DATE .....
- START .....
- TODAY'S GOAL .....
- END .....

STUDY SESSIONS

SUBJECT	TOPIC	DURATION	DONE

TO-DO LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

RATING

- FOCUS

1 2 3 4 5 6 7 8 9 10

- UNDERSTANDING

1 2 3 4 5 6 7 8 9 10

REFLECTION

What did I learn today?

PREVIEW

- DATE .....
- START .....
- TODAY'S GOAL .....
- END .....

STUDY SESSIONS

SUBJECT	TOPIC	DURATION	DONE

TO-DO LIST

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

RATING

- FOCUS

1 2 3 4 5 6 7 8 9 10

- UNDERSTANDING

1 2 3 4 5 6 7 8 9 10

REFLECTION

What did I learn today?

PREVIEW

Like the design?

Get the full version: every interior page, no watermark, print-ready at 6 x 9 in.

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PREVIEW

Remaining pages are locked in the preview