

7-Day Monsoon Study Consistency Tracker

Log your study time, focus level, and any disruptions each day to spot patterns through the season.

Name: _____ Week Starting: _____

Day	Subject(s) Studied	Time Studied	Focus (1-5)	Disruption (power cut/rain/other)
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

End-of-Week Reflection

Which day was most consistent, and what made it work?

What disrupted study the most this week, and what's one fix for next week?

Notes: _____