

Daily Smart Study Checklist

Track learning, not hours

Name: _____ Class: _____ Date: _____

My goal for today

End-of-day checklist

- ☐ I set a clear goal before each study session.
- ☐ I studied without unnecessary distractions.
- ☐ I solved practice questions and corrected my mistakes.
- ☐ I reviewed an earlier topic.
- ☐ I planned tomorrow's priorities.
- ☐ I left enough time for rest and sleep.

Focus session log (25 minutes study + 5 minutes break)

Session	What I will study or practise	Distractions	Done?
Session 1			☐
Session 2			☐
Session 3			☐
Session 4			☐

One thing I understood better today

Use this as a guide, not a verdict on your worth. Adjust it to your age and schedule.