

My Learning Journal—a Sample Page*⁶

Date: _____ Your Symbol for the Day:

How did I set myself up?

How did I sleep the previous night? _____ hours

How long did I exercise today? _____ minutes

What food did I eat today? Fruits Vegetables Nuts Protein-Rich Foods No Junk

Where? What? When?

My Backpack and My Locker

New Stuff I learned:

Old Stuff I Recalled and Reviewed



Where did I study?:

Place 1: _____ Place 2: _____

Place 3: _____

Pomodoros I did today (tick off): 

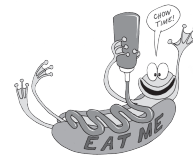
Some Smart Things I Did Today:

Swallowed any frogs?

Tackled any tests?

Taught someone else?

My system shutdown time: _____



* You can find a copy of this learning journal page at <https://barbaraoakley.com>.