



My Learning Journal

Date: _____

My learning symbol for the day: _____

How did I set myself up?

How did I sleep the previous night: _____ hours

How long did I exercise today: _____ Comments: _____

What food I ate today: Fruits Vegetables Nuts Protein-Rich Foods No Junk!

Where? When?

Where did I study: Place 1: _____ Place 2: _____ Place 3: _____

Pomodoros I did today (tick off):



What? My Back-Pack and My Locker

New stuff I learned:

Old stuff I recalled and reviewed:



Some smart things I did today:

Swallowed any frogs?

Tackled any tests?

Taught someone else?

My system shut-down time: _____

From *Learning How to Learn: How to Succeed in School Without Spending All Your Time Studying; A Guide for Kids and Teens*, by Barbara Oakley & Terrence Sejnowski, with Alistair McConville, (TarcherPerigee, 2018). Download this form from <https://barbaraoakley.com/books/learning-how-to-learn/>

