My language week

Study planner with focused time blocks

WEEK OF _____

HOW A STUDY BLOCK WORKS

1 — Pick one task: an audio, a grammar topic, a text.

25' — Study for 25 minutes, no phone, no extra tabs.

5' — Rest 5 minutes: water, stretch, look away.

×4 — After 4 blocks, take a long 15 to 30 minute break.

MY GOAL THIS WEEK

Make it concrete: “understand a 3-minute audio without subtitles”, not “get better”.

MY LANGUAGE, LEVEL AND MATERIAL

☐ A0 ☐ A1 ☐ A2 ☐ B1 ☐ B2 ☐ C1 ☐ C2

FILL IN A CIRCLE FOR EVERY BLOCK YOU COMPLETE

	MON	TUE	WED	THU	FRI	SAT	SUN
Listening audio, video	○○	○○	○○	○○	○○	○○	○○
Speaking out loud	○○	○○	○○	○○	○○	○○	○○
Reading short texts	○○	○○	○○	○○	○○	○○	○○
Writing sentences	○○	○○	○○	○○	○○	○○	○○
Grammar one topic	○○	○○	○○	○○	○○	○○	○○
Vocabulary cards or list	○○	○○	○○	○○	○○	○○	○○

NEW WORDS AND PHRASES

MY MISTAKES THIS WEEK

Write the mistake and the correct version next to it. Say it out loud.

Canela's tip: one block every day beats six on Sunday. A language sticks through repetition, not marathons.