

My word bank

Vocabulary tracker with spaced repetition

MONTH _____

HOW TO USE IT

1
Write the word or phrase exactly as you heard or read it.

2
Write what it means and an example from your own life.

1·3·7
Review it on day 1, 3, 7, 14 and 30. Tick a box each time.

✓
When you use it without thinking, mark it as yours.

MY WORD BANK

WORD OR PHRASE	MEANING	MY EXAMPLE	REVIEWS 1·3·7·14·30	MINE
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Canela's tip: don't copy the dictionary sentence: write an example about your life. A word with its own story sticks; a word from a list is forgotten.