FolarraStudio

Language Learning Journal

listen · speak · grow

UNDATED · PRINTABLE · FOR ANY LANGUAGE

This Journal Belongs To

one word at a time

NAME _____

EMAIL / PHONE _____

LANGUAGE I AM LEARNING _____

STARTED ON _____

MY LEVEL _____

How to use this planner

- Print the whole planner once, then print extra copies of the pages you use most, such as the Vocabulary and Verb Practice pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Track your study days, then fill the Vocabulary and Verb Practice pages as you learn.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My first favorite word

Why I am learning

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My Goals

dream it, plan it, learn it

YEAR _____

This year I want to learn

- [ ] _____
- [ ] _____
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Skills to improve

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Resources to use

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How I will make it happen

Year at a Glance

learning goals for each month

YEAR _____

January

- [ ] _____
- [ ] _____
- [ ] _____
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February

- [ ] _____
- [ ] _____
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March

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April

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May

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June

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July

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August

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September

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October

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November

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December

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Study Tracker

a little every day

MONTH _____ DAILY GOAL _____

DAY	MINUTES	WHAT I STUDIED	DONE
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐
11			☐
12			☐
13			☐
14			☐
15			☐
16			☐
17			☐
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24			☐
25			☐
26			☐
27			☐
28			☐
29			☐
30			☐
31			☐

Weekly Study Plan

listen, speak, read, write

WEEK OF _____ FOCUS _____

DAY	LISTENING	SPEAKING	READING	WRITING	MINUTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Vocabulary

new words and how to use them

TOPIC _____ DATE _____

WORD	MEANING	EXAMPLE SENTENCE

Verb Practice

one verb, every form

VERB _____ MEANING _____

PERSON	PRESENT	PAST	FUTURE
I			
you			
he / she / it			
we			
you (plural)			
they			

VERB _____ MEANING _____

PERSON	PRESENT	PAST	FUTURE
I			
you			
he / she / it			
we			
you (plural)			
they			

Grammar Notes

rules, patterns & examples

TOPIC _____ DATE _____

Rule

Examples

Exceptions

Practice

Useful Phrases

ready for real conversations

Greetings

Travel

Food & shopping

Everyday

Conversation Log

every chance to speak

DATE	WITH	TOPIC	MINUTES	NEW WORDS

Learning Resources

apps, books, podcasts & teachers

RESOURCE	TYPE	WHERE	RATING
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Progress Check

look how far you have come

DATE _____ LEVEL _____

I can now

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Still tricky

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Next goals

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Proud moments

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Notes

FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this journal helps you stay calm, organized and on track. If you enjoy it, tell a friend about folarrastudio.com.

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