FolarraStudio

Spanish Learning Journal

learn · speak · grow

PRINTABLE · VOCABULARY, PHRASES & PRACTICE

This Journal Belongs To

for learners of Spanish

NAME _____

STARTED ON _____

LEVEL _____

DAILY GOAL _____

STUDY BUDDY _____

How to use this journal

- Print the whole planner once, then print extra copies of the pages you use most, such as the Goals and Vocabulary log 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.
- Add new words every day and review them on the Review Tracker.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My learning word for this year

Why I am learning Spanish

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Learning Goals

why I am learning Spanish

My goals

- [ ]
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Why it matters

Resources

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Rewards

Vocabulary Log

new words every day

DATE	SPANISH	MEANING	EXAMPLE

Phrase Book

everyday phrases

ENGLISH	SPANISH	SAY IT LIKE
Hello		
Goodbye		
Please		
Thank you		
Yes / No		
Excuse me		
Sorry		
How are you?		
My name is...		
I do not understand		
Where is...?		
How much is it?		
Can you help me?		
Good morning		
Good night		
See you soon		

Verb Tracker

verbs and their forms

VERB	MEANING	PRESENT	PAST	FUTURE

Grammar Notes

rules and examples

Rule

Examples

Rule

Examples

Study Log

a little every day

MONTH _____ GOAL _____

DAY	MINUTES	WHAT I STUDIED	DONE
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐
11			☐
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27			☐
28			☐
29			☐
30			☐
31			☐

Word Cards

cut out and practice

SPANISH _____

MEANING _____

EXAMPLE _____

SPANISH _____

MEANING _____

EXAMPLE _____

SPANISH _____

MEANING _____

EXAMPLE _____

SPANISH _____

MEANING _____

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SPANISH _____

MEANING _____

EXAMPLE _____

SPANISH _____

MEANING _____

EXAMPLE _____

SPANISH _____

MEANING _____

EXAMPLE _____

Review Tracker

spaced practice

WORD	DAY 1	DAY 3	DAY 7	DAY 14	KNOWN
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	☐	☐	☐	☐	☐

Conjugation Chart

one verb per block

PRONOUN	PRESENT	PAST	FUTURE
yo			
tu			
el / ella			
nosotros			
vosotros			
ellos			

Ser vs Estar Practice

choose the right verb

SENTENCE	SER / ESTAR	WHY

Por vs Para Practice

choose the right word

SENTENCE	POR / PARA	WHY

Conversation Log

speaking practice

DATE	WITH	MINUTES	TOPICS	NEW WORDS

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this journal helps you love learning Spanish. If you enjoy it, tell a friend about folarrastudio.com.

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