

Daily Math Practice Log

Track what you practice each day. Consistent daily practice beats long cramming sessions every time.

Name _____ Week of _____

	Topic practiced	Time (min)	Difficulty	Confidence
Monday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

	Topic practiced	Time (min)	Difficulty	Confidence
Tuesday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

	Topic practiced	Time (min)	Difficulty	Confidence
Wednesday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

	Topic practiced	Time (min)	Difficulty	Confidence
Thursday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

	Topic practiced	Time (min)	Difficulty	Confidence
Friday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

	Topic practiced	Time (min)	Difficulty	Confidence
Saturday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

	Topic practiced	Time (min)	Difficulty	Confidence
Sunday	_____	_____	Easy / Medium / Hard	1 2 3 4 5

Weekly Summary

Total time this week _____ Topics covered _____

Biggest win this week _____

Area to focus on next week _____