

Weekly Learning Habit Tracker

Choose one small learning action. Mark the days you do it, notice what helped, and begin again without guilt after a missed day.

Learner or family: _____ Week beginning: _____

Our small learning action: _____

Day	When will we learn?	Done	One-word check-in
Monday		[]	
Tuesday		[]	
Wednesday		[]	
Thursday		[]	
Friday		[]	
Saturday		[]	
Sunday		[]	

Weekly reflection

What made learning easier this week? _____

What made it harder? _____

What is the smallest useful next step? _____

Consistency is a direction, not a perfect streak. Try a complete Taalimi sample lesson at taalimiapp.com.