

MY 5-8 HOUR SPANISH WEEK

Plan a sustainable week, log the time you actually complete, and record what remains after the lesson is over.

WEEK BEGINNING

COURSE / LEVEL / LESSON

NEXT CHECKPOINT

WEEKLY TARGET

5-8 h

PLANNED

_____ h

COMPLETED

_____ h

SESSIONS

_____ / _____

DAILY STUDY LOG

Write one concrete result or difficulty, not just 'done'.

DAY	PLAN	ACTUAL	MAIN FOCUS	WHAT STUCK / WHAT BROKE DOWN
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WEEKLY MIX

Planned / actual time

COURSE LESSONS

____ / ____

REVIEW + RECALL

____ / ____

LISTENING

____ / ____

SPEAKING

____ / ____

REAL-WORLD SPANISH

____ / ____

THREE PRIORITIES FOR THIS WEEK

1. The one lesson or skill that matters most

2. The speaking or listening action I will not postpone

3. The small real-world task I will attempt

HONEST SPANISH PROGRESS SCORECARD

Repeat the same tasks at Day Zero and after 10, 30, 60, and 100 logged hours. A zero is valid evidence.

DATE

LOGGED HOURS

CHECKPOINT

COURSE POSITION

SCORING

0 = not attempted yet 1 = only with prompts 2 = hesitant but usable 3 = independent

Score the performance you can demonstrate today, not how confident you feel.

REPEATABLE CHECKPOINT TASKS

Use comparable prompts every time.

TASK	SCORE 0-3	EVIDENCE: WORDS, REPAIRS, OR HELP NEEDED
Introduce myself without reading	_____	
Order a simple meal or drink	_____	
Ask for and follow simple directions	_____	
Answer five simple personal questions	_____	
Hold a five-minute tutor conversation	_____	

FOUR EVIDENCE AREAS

Add one concrete observation in each box.

RECALL

SCORE 0 1 2 3

What remained after 24-72 hours and again after one week?

LISTENING

SCORE 0 1 2 3

What previously unseen beginner Spanish could I understand?

UNSCRIPTED SPEAKING

SCORE 0 1 2 3

What could I say without reading or copying course audio?

REAL-WORLD USE

SCORE 0 1 2 3

What defined task could I complete with a real person?

WHAT I CAN DO NOW

One ability I can demonstrate today:

WHAT STILL BREAKS DOWN

The clearest limitation or recurring failure:

MY NEXT PRACTICAL TEST

A small, observable task and when I will attempt it: