

# How do I use this log?

LOG definition: a written record of everything you do step-by-step



OR



*"It does not matter how slowly you go, as long as you do not stop."  
—Confucius*

## ENGLISH STUDY LOG



Week of: *Write the date of the Monday you begin: 18/02/19*

Long term goal: *What's your long term goal?  
For example: 6.5 in IELTS*




This week's goal: *What's your goal for this week?  
For example: I need to practice 'giving contrast' in writing.*

<b>M</b> <i>Write everything you do in English every day.</i>	<b>T</b> <i>For example: - 1 hour exam book study - wrote new vocabulary from a news article</i>	<b>W</b>	<b>T</b>
<b>F</b>	<b>S</b>	<b>S</b> <i>Tick ✓ the right option of 'goal achieved'.</i>	<b>Goal Achieved?</b> Yes, completely ✓ Almost completely A little No, not at all

*After a few weeks, you can see if you are achieving your goals. Maybe you need to make your goals less ambitious. Maybe you need to increase your goals.*

### Resources I've used this week:

- ✓ English grammar book: *Grammar for You*
- English vocabulary book:
- ✓ English exam prep. book: *IELTS 123*
- Personal Interest book:
- ✓ Newspaper/Magazine:
- English study website:
- TV series:
- ✓ Films: *IELTS 123*

- YouTube English lessons
- YouTube Personal Interest
- Music / Songs
- Radio
- Daily journal/diary ✓
- Own voice recording
- Social Media    ✓

- Private Tutor
- Group Lessons
- Conversation Group
- Public Library
- Other:
- Other:

*Make all the resources you use clear.  
After a few weeks, you will start to see everything you use. Maybe you need to try using new resources!*

Try to learn phrase level vocabulary – *take a nap / on a number of occasions / tell a joke*

### New vocabulary list:

- in addition to*
- nevertheless*
- notwithstanding / in spite of*
- a bushy tail*
- to squirrel away*

*Always return to old vocabulary lists to see if you can still remember all of the definitions.*

**Now you can  
START!**



"Successful men and women keep moving. They make mistakes, but they don't quit." —Conrad Hilton

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## Resources I've used this week:

English grammar book:

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Personal Interest book:

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English study website:

TV series:

Films:

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Other:

Other:

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## New vocabulary list:



"It always seems impossible until it's done." —Nelson Mandela

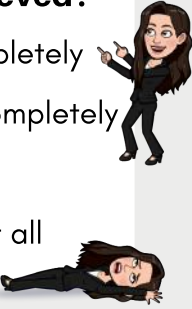
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## New vocabulary list:

*"Never give up on something that you can't go a day without thinking about." —Winston Churchill*

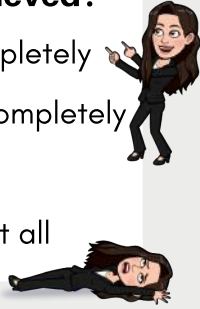
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