

MEASURE, DON'T GUESS

Weekly Study Tracker

A plan you don't measure is a wish. Log **actual** hours each day — the gap between "I studied 8 hours" and the truth is usually 3–4 hours. Fill one sheet per week. Every row must touch the five non-negotiables.

Week of ____ / ____ / ____ · Phase: _____ · Weekly hour target: _____

DAY	HRS TARGET	HRS ACTUAL	SUBJECTS COVERED	ANSWERS WRITTEN	CA DONE	REVISION	ENERGY /5
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							
TOTAL			Rest day taken? <input type="checkbox"/>				

Five non-negotiables this week

- ☐ Read — new static covered
- ☐ Revise — last week's topics
- ☐ Write — answers, timed
- ☐ Current affairs — daily
- ☐ Test / self-assessment

Sunday review (10 min)

- ☐ Did actual hours hit target?
- ☐ What slipped, and why?
- ☐ Top 3 priorities for next week
- ☐ Plan next week before Monday

THE SKILL THAT WINS MAINS

Answer-Writing & PYQ Log

Answer writing starts in Month 2, not Month 10. Log every practice answer with an honest self-score. Watch structure and content depth improve — that climb is proof the plan is working.

DATE	QUESTION / TOPIC	PAPER	TIME TAKEN	SELF-SCORE /10	ONE FIX FOR NEXT TIME

Monthly PYQ accuracy (the second working-or-not metric)

MONTH	TOPICS TESTED	PYQS ATTEMPTED	CORRECT	ACCURACY %	TREND ↑ / ↓

The honest test: every month, attempt 10–15 PYQs from covered topics under timed conditions. If accuracy and answer structure are both improving, the plan is working. If neither moves after 8 weeks — recalibrate, don't cram.