brightstudy

FREE RESOURCE — TEMPLATE

Spaced Repetition Tracker

A paper tracker for reviewing each topic at expanding intervals (1, 3, 7, 14 and 30 days) so you revisit material just before you forget it.

5	40	1 → 30	5 min
REVIEW INTERVALS	TOPIC ROWS	DAYS BETWEEN REVIEWS	PER REVIEW

SPACING EFFECT · INTERVALS · DUE TODAY · RETENTION

PREPARED BY	CATEGORY	EDITION	LATEST VERSION
BrightStudy	Revision and memory	2026, A4 PDF	brightstudy.ai/resources/spaced-repetition-tracker

What is inside

Cramming works for a day. Spaced repetition works for an exam. The idea is simple: review a topic a day after you learn it, then three days later, then a week, two weeks and a month. Each review takes a few minutes and the memory gets stronger every time. This tracker turns that schedule into a grid you can keep on your desk: one row per topic, the five review dates worked out from the day you learned it, and a tick when each review is done.

SECTIONS

1. Why spacing beats re-reading
2. How to use the tracker
3. Topic tracker
4. Topic tracker (continued)
5. Due today

WHO IT IS FOR

Any student with more than a few weeks until an exam who wants revision to be reliable rather than a last-minute gamble.

WHAT IS INCLUDED

- Plain-English explanation of the spacing effect and why it beats re-reading
- Interval rules and what to do when a review goes badly
- Date calculator table so you never have to count days
- Topic tracker grid for 40 topics with five review columns
- Daily "due today" page to collect reviews across subjects

01

Why spacing beats re-reading

Memories fade on a predictable curve. Most of what you learn today is gone within a week unless you bring it back. Each time you successfully recall something just as it is fading, the memory becomes stronger and fades more slowly, so the gap before the next review can be longer. That is the spacing effect, and it has been replicated in hundreds of studies over more than a century.

Re-reading feels productive because the material looks familiar, but familiarity is not the same as being able to produce it in an exam. Testing yourself at expanding intervals is harder and feels worse in the moment, and that effort is exactly what makes it work.

THE DEFAULT SCHEDULE

REVIEW	WHEN	WHAT IT IS FOR
Learn	Day 0	First proper study of the topic: notes, examples, flashcards made.
Review 1	Day 1	Catches the big initial drop. Most forgetting happens in the first 24 hours.
Review 2	Day 3	Confirms the topic survived a weekend-length gap.
Review 3	Day 7	A week on; weak spots show up clearly here.
Review 4	Day 14	Two weeks; by now recall should be quick.
Review 5	Day 30	A month; the topic is exam-ready if this goes well.

02

How to use the tracker

1. When you finish learning a topic, write it in the next free row with today's date.
2. Use the date calculator opposite to fill in its five review dates.
3. Each morning, scan the grid for today's date and copy those topics onto the "due today" page.
4. Do each review as a self-test. Tick the box if you could recall most of it; write R (reset) if you could not.
5. A reset topic gets a fresh row with today as its new day 0.

DATE CALCULATOR (ADD DAYS TO THE LEARN DATE)

LEARNED ON	+1	+3	+7	+14	+30
1st	2nd	4th	8th	15th	next month 1st
8th	9th	11th	15th	22nd	next month 8th
15th	16th	18th	22nd	29th	next month 15th
22nd	23rd	25th	29th	6th (next month)	next month 22nd

- Reviews can slip by a day without harm; do not let them slip by a week.
- If a topic is still failing at review 3, the problem is understanding, not memory: go back to the explanation.
- Keep reviews short. Ten topics due in a day should take under an hour.

03

Topic tracker

One row per topic. Write the review dates in the headers and tick each review when done, or R to reset.

SUBJECT / TOPIC	LEARNED	+1	+3	+7	+14	+30

04

Topic tracker (continued)

SUBJECT / TOPIC	LEARNED	+1	+3	+7	+14	+30

05

Due today

Copy today's reviews here each morning. Tick when done and note anything to reset.

DATE	TOPICS DUE	DONE	RESET?

Keep going

BRIGHTSTUDY

This resource covers the part of studying that happens away from a screen. BrightStudy does the rest: upload your notes, slides or recordings and it turns them into Study Docs, flashcards and exam-style questions, then schedules your reviews with spaced repetition. There is a free plan to get started.

PAIRS WELL WITH REVISION AND MEMORY

FEATURE	WHAT IT DOES	LINK
Spaced Repetition	Revisit your learning with scheduled reviews.	brightstudy.ai/features/spaced-repetition
Flashcards	Active recall with focused question-and-answer cards.	brightstudy.ai/features/flashcards
AI Explanations	Help understanding answers and remembering ideas.	brightstudy.ai/features/ai-explanations
Deep Learning	Explain your understanding and get feedback.	brightstudy.ai/features/deep-learning

RELATED RESOURCES

RESOURCE	LINK
Active Recall Worksheet	brightstudy.ai/resources/active-recall-worksheet
Mind Map Templates	brightstudy.ai/resources/mind-map-templates
How to Write Flashcards That Work	brightstudy.ai/resources/flashcard-writing-guide



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