Spaced Repetition Tracker

Same day, next day, in 3 days, in 7 days.

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A practical starting schedule — adjust the gaps after a week. Reviews first, new material second.

	TOPIC write it as a question	SUBJECT	FIRST LEARNED	+1 DAY	+3 DAYS	+7 DAYS	RESULT
1				☐ date	☐ date	☐ date	☐ recalled?
2				☐ date	☐ date	☐ date	☐ recalled?
3				☐ date	☐ date	☐ date	☐ recalled?
4				☐ date	☐ date	☐ date	☐ recalled?
5				☐ date	☐ date	☐ date	☐ recalled?
6				☐ date	☐ date	☐ date	☐ recalled?
7				☐ date	☐ date	☐ date	☐ recalled?
8				☐ date	☐ date	☐ date	☐ recalled?
9				☐ date	☐ date	☐ date	☐ recalled?
10				☐ date	☐ date	☐ date	☐ recalled?
11				☐ date	☐ date	☐ date	☐ recalled?
12				☐ date	☐ date	☐ date	☐ recalled?

THE THREE RULES

1. Reviews before new topics — start each day with the reviews due that day, then new material.
2. Test from memory — close the book, recall, then check. Don't re-read.
3. Adjust the gaps after a week — recalled easily twice? Stretch the next gap to two weeks. Forgot it? Shorten the gap: review again tomorrow, then in 2 days.

A topic is a question, not a chapter: "Explain the light-dependent reactions, in order" is a topic. "Photosynthesis" is a chapter.