

## Metacognitive Journal - Templates

Journal by Day of the Week:

Date	Planning	Monitoring	Evaluating
Monday, Month, Date			
Tuesday, Month, Date			
Wednesday, Month, Date			
Thursday, Month, Date			
Friday, Month, Date			
Saturday, Month, Date			
Sunday, Month, Date			

**Journal by Course Subject:**

Course Subject	Planning	Monitoring	Evaluating
Subject/Class 1			
Subject/Class 2			
Subject/Class 3			
Subject/Class 4			
Subject/Class 5			
Subject/Class 6			
Subject/Class 7			