

LEARN NORWEGIAN DAILY

[NORWEGIANACADEMY.COM](https://norwegianacademy.com)



TRACK YOUR
PROGRESS



FORM NEW
HABITS



GET A MONTHLY
OVERVIEW







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WEBSITE FOR
MORE TIPS!






NORWEGIAN ACADEMY
norwegianacademy.com




I LEARN _____ MONTH _____


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WRITING



READING



LISTENING



SPEAKING



VOCABULARY

HOW TO USE THIS HABIT TRACKER

1. Focus

Choose which skill you want to work on. Practice listening? Speak more? Learn new words? Perhaps a few of them?

Try to set a specific goal, like "Learn 200 new words this month", "Read a book in Norwegian" or "Learn how to use the Past Tense".

2. Start right now!

Although it is a monthly tracker, you don't have to wait until next month to start working on your Norwegian. Start moving towards your goal already today!

3. Mark your progress

Color the icon corresponding to the skill you have worked on.

Have you read a chapter in a book? Then color the reading icon. Have you watched an episode of a TV series? Color the listening item.



WRITING



READING



LISTENING



SPEAKING



VOCABULARY

Set yourself a time limit, like 15, 30 or 60 mins a day to work on improving your Norwegian.

4. Track your progress

At the end of a month, make a short summary. Have you achieved your goals? How consistent were you in working on your Norwegian? Is there a skill that you spend more time on than expected? What needs more attention?

You may find yourself learning new vocabulary all the time, but not actually speaking Norwegian with other people. Or you may spend a lot of time reading, while your listening skills need more attention. This habit tracker will help you to understand your focus areas.