

**the foreign language**

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JOURNAL

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The author cannot guarantee results or any specific outcomes gleaned from using the methods outlined in the following pages.

## SYMBOL CODES



New tools you acquired today!



The Progress Tracker: What action you learned to carry out today



A new phrase or idiom you learned



Language Immersion!



A song you listened to and by what artist



A radio program you listened to



What you watched on TV (news, documentary, news report, series, talk show...)



A movie you watched



Headlines, title of a newspaper or magazine (online or paper) article you read



Book you read (novel, biography, poetry...)



French food you ate or a French recipe you cooked



A conversation you had with a native speaker



Anything else not listed here



Time to write!



What the weather was like today



Where you were



What activities you did



Something cool that happened today



What you will do tomorrow



How you feel, what you wish...



Anything else you want to write (to-do list, new vocab...)

QUOTE OF THE DAY:

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DAY:

DATE:



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