



EveryMemory

FREE TRACKER

BRAIN WELLNESS · SELF-TRACKING

The Printable Memory Tracker

Notice your own patterns over time. A few seconds a day to log recall, focus, sleep and mood — then spot what helps.

Daily · weekly · monthly

Pen & paper

Non-medical

For entertainment & general wellness — not a medical app.

by Cleanor · everymemory.app

WELCOME

How to use this tracker

This is a personal, **non-medical** log. It doesn't score or diagnose anything — it simply helps you see your own trend. Fill it in at the same time each day, then read the *pattern over weeks*, not any single day.

1

Same time daily

Pick a fixed moment — over morning coffee works well — so it becomes automatic.

2

Rate quickly

A fast gut rating of 1–5 is enough. Don't overthink it; consistency beats precision.

3

Read the trend

Review weekly. One foggy day is normal; a steady drift over weeks is the useful signal.



Trend, not perfection

Sleep, stress, hydration and busy days all move your numbers around. Look for the overall direction across a month — that's where the insight is.

THE FIVE COLUMNS

What to note each day

- **Recall** — how easily things came to mind today (1–5).
- **Focus** — how steady your attention felt (1–5).

- **Sleep** — roughly how many hours, or just good / ok / poor.
- **Mood** — a quick word: calm, rushed, low, bright.
- **Note** — one thing that stood out (a great word-find, a tired afternoon).

WORKBOOK

Weekly & monthly view

Fill a circle for each day you check in. Aim for steady, not perfect.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Not yet Practised

LOOKING FURTHER AHEAD

Monthly view

M	T	W	T	F	S	S
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>



A note on what this is

This tracker is for your own awareness only. If you notice sudden, rapid, or worsening changes — or others do — share your notes with a qualified healthcare professional.



Let EveryMemory track it for you

The app turns this into a few quick daily games and charts your recall and focus automatically — about ten minutes a day.

Start training →

everymemory.app



EveryMemory

Created by EveryMemory — daily brain-game habits by Cleanor. Free guides & workbooks to help you stay mentally active, just for fun.

everymemory.app

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This is a general wellness resource for practising recall and focus. It is not a medical treatment and does not diagnose, prevent, or cure any condition. If you notice sudden or serious memory changes, speak with a qualified healthcare professional. EveryMemory is not a medical device and does not provide diagnosis or treatment. Non-medical use only.