

# Speed Reading Practice Tracker & Workbook

## Your Complete 8-Week Speed Reading Mastery Guide

Download this workbook to track your progress, practice techniques, and master speed reading for college success.

### Your Starting Point: Baseline Assessment

#### Calculate Your Current Reading Speed (WPM)

##### Instructions:

1. Set a timer for exactly 3 minutes
2. Read at your normal, comfortable pace
3. Mark where you stopped after 3 minutes
4. Count the total words read
5. Divide by 3 to get your WPM

##### Calculation Worksheet:

Total words read: \_\_\_\_\_

÷ 3 minutes = \_\_\_\_\_ WPM

Date: \_\_\_\_\_

Material type: \_\_\_\_\_

Comprehension check (answered 3-5 questions): \_\_\_\_\_/5 correct (\_\_\_\_%)

##### My Baseline Stats:

- Starting WPM: \_\_\_\_\_
- Starting Comprehension: \_\_\_\_\_ %
- Date: \_\_\_\_\_

##### Target Goals:

Timeframe	Target WPM	Expected Improvement
Week 4	_____	25-35% increase
Week 8	_____	50-75% increase
Week 12	_____	75-100% increase

## 8-Week Practice Schedule

### Week 1-2: Foundation & Pacer Method

**Daily Time:** 15 minutes | **Focus:** Baseline & Visual Pacer

#### Daily Practice Routine:

- 5 min: Measure current speed
- 8 min: Practice pointer/pacer method
- 2 min: Track results

#### Week 1-2 Progress Log:

Day	Material	WPM	Technique Used	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

#### Week 1-2 Achievement:

- Starting WPM: \_\_\_\_\_
- Ending WPM: \_\_\_\_\_

- Improvement: \_\_\_\_\_ %

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### Week 3-4: Peripheral Vision Expansion

**Daily Time:** 20 minutes | **Focus:** Word Grouping & Visual Span

#### Daily Practice Routine:

- 5 min: Peripheral vision exercises
- 10 min: Speed reading with expanded focus
- 5 min: Comprehension check & tracking

#### Week 3-4 Progress Log:

Day	Material	WPM	Words Per Fixation	Comprehension %
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

#### Week 3-4 Achievement:

- Starting WPM: \_\_\_\_\_
- Ending WPM: \_\_\_\_\_
- Improvement: \_\_\_\_\_ %

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### Week 5-6: Subvocalization Reduction

**Daily Time:** 20 minutes | **Focus:** Breaking the Inner Voice

### Daily Practice Routine:

- 5 min: Distraction technique (chew gum/hum)
- 10 min: Force reading beyond pronunciation speed
- 5 min: Results tracking

### Week 5-6 Progress Log:

Day	Material	WPM	Subvocalization Level (1-10)	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

### Week 5-6 Achievement:

- Starting WPM: \_\_\_\_\_
- Ending WPM: \_\_\_\_\_
- Improvement: \_\_\_\_\_ %

### Week 7-8: Integration & Real-World Application

**Daily Time:** 15-20 minutes | **Focus:** Combining All Techniques

### Daily Practice Routine:

- 15 min: Apply all techniques to course materials
- 5 min: Adjust approach by content type

### Week 7-8 Progress Log:

Day	Material Type	WPM	Techniques Used	Comprehension %
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

### Week 7-8 Achievement:

- Starting WPM: \_\_\_\_\_
- Ending WPM: \_\_\_\_\_
- Total Improvement from Week 1: \_\_\_\_\_ %

### Daily Technique Checklists

#### Pointer/Pacer Method Checklist

- Using finger, pen, or pointer under each line
- Moving pointer slightly faster than comfortable
- Eyes following pointer consistently
- Prevented regression (going backward)
- Maintained focus throughout

#### Today's Notes:

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## Peripheral Vision Expansion Checklist

- Practiced focus expansion exercise (10 min)
- Read word groups instead of individual words
- Processed 3-5 words per fixation
- Reduced fixations per line
- Maintained comprehension above 70%

### Today's Notes:

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## Subvocalization Reduction Checklist

- Used distraction technique (gum/counting/humming)
- Read faster than pronunciation speed
- Focused on meaning, not word sounds
- Visualized concepts instead of "hearing" words
- Noticed reduced inner voice

### Today's Notes:

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## Material Type Decision Matrix

### When to Speed Read vs. Careful Read

Material Type	Speed Read?	Target WPM	Comprehension Goal
First-pass textbook survey	<input checked="" type="checkbox"/> Yes	400-600	60-70%
Supplemental articles	<input checked="" type="checkbox"/> Yes	450-600	70-80%
Review materials	<input checked="" type="checkbox"/> Yes	400-500	70-80%
Primary learning chapters	<input checked="" type="checkbox"/> No	250-350	85-90%

Material Type	Speed Read?	Target WPM	Comprehension Goal
Technical/math content	<input checked="" type="checkbox"/> No	150-250	90%+
Exam-tested material	<input checked="" type="checkbox"/> No	250-350	85-90%
Research source evaluation	<input checked="" type="checkbox"/> Yes	400-600	60-70%
Critical analysis content	<input checked="" type="checkbox"/> No	200-300	85-90%

### My Reading Strategy This Week:

Assignment	Material Type	Strategy	Target WPM

### 🎯 Comprehension Check Templates

#### Quick Comprehension Test (After Each Practice Session)

Material: \_\_\_\_\_

Answer these 5 questions without looking back:

1. What was the main point or argument?

\_\_\_\_\_

2. What were 2-3 key supporting details?

\_\_\_\_\_

3. What conclusion or takeaway did you get?

\_\_\_\_\_

4. Can you explain one concept to someone else?

\_\_\_\_\_

5. What's one thing you'll remember tomorrow?

\_\_\_\_\_

Comprehension Score: \_\_\_\_/5 = \_\_\_\_%

Action:

-  4-5 correct (80%+): Speed is appropriate
-  3 correct (60%): Slow down slightly
-  0-2 correct (40% or less): Speed too fast, reduce by 20%

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## Weekly Progress Summary

Week \_\_\_ Summary

Date Range: \_\_\_\_\_ to \_\_\_\_\_

### Statistics:

- Average WPM: \_\_\_\_\_
- Starting WPM this week: \_\_\_\_\_
- Ending WPM this week: \_\_\_\_\_
- Weekly improvement: \_\_\_\_\_ %
- Average comprehension: \_\_\_\_\_ %

### Best Reading Session:

- Date: \_\_\_\_\_
- WPM: \_\_\_\_\_
- Material: \_\_\_\_\_

### Challenges This Week:

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### Wins This Week:

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### Focus for Next Week:

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## 🔥 Daily Practice Quick Reference Cards

### Card 1: The Pointer Method (15 min)

**Step 1:** Comfortable pace (3 min) - Normal speed **Step 2:** Push 10-15% faster (5 min) - Slightly uncomfortable  
**Step 3:** Push 25% faster (5 min) - Very uncomfortable **Step 4:** Return to moderate (2 min) - Notice improvement

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### Card 2: Peripheral Vision (15 min)

#### Exercise 1: Column reading (5 min)

- Draw 3 vertical lines on page
- Focus center, read all columns

#### Exercise 2: Word grouping (5 min)

- Mark phrases with slashes
- Read phrases as units

#### Exercise 3: Speed forcing (5 min)

- Complete page in half normal time
- Don't worry about comprehension

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### Card 3: Reduce Subvocalization (15 min)

**Distraction:** Chew gum while reading (5 min) **Speed forcing:** Read faster than you can speak (7 min)

**Visualization:** Think concepts, not sounds (3 min)

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# 📊 Master Progress Tracker

## Complete 8-Week Overview

Week	Starting WPM	Ending WPM	Improvement %	Avg Comprehension	Focus Area
1					Baseline
2					Pacer
3					Peripheral
4					Peripheral
5					Subvocalization
6					Subvocalization
7					Integration
8					Real-world

### Total Improvement:

- Week 1 Starting: \_\_\_\_\_ WPM
- Week 8 Ending: \_\_\_\_\_ WPM
- Total Increase: \_\_\_\_\_ WPM (\_\_\_\_\_ %)

### 🎓 Success Milestones & Rewards

- Milestone 1:** Completed Week 1 baseline
- Milestone 2:** Achieved 250 WPM
- Milestone 3:** Achieved 300 WPM
- Milestone 4:** Achieved 350 WPM
- Milestone 5:** Achieved 400 WPM
- Milestone 6:** Achieved 450 WPM
- Milestone 7:** Doubled baseline speed
- Milestone 8:** Completed full 8-week program

**Reward yourself when you hit milestones!**

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## 💡 Quick Tips for Success

### Do's:

- Practice daily (consistency beats intensity)
- Track every session
- Test comprehension regularly
- Adjust speed based on material type
- Be patient - improvement takes 4-8 weeks
- Use easier material when learning techniques

### Don'ts:

- Skip comprehension checks
- Try to speed read everything
- Practice only when you "feel like it"
- Compare yourself to unrealistic claims (1000+ WPM)
- Get discouraged by temporary plateaus
- Practice with difficult textbooks initially

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## 📝 Notes & Reflections

### What I've Learned:

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### Biggest Challenges:

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### Most Helpful Techniques:

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## How Speed Reading Has Helped My Studies:

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### Next Steps After 8 Weeks

#### Maintenance Plan:

- Practice 10-15 min, 3x per week to maintain skills
- Continue tracking WPM monthly
- Apply techniques strategically to course readings
- Adjust speed based on material complexity

#### Advanced Goals:

- Target WPM: \_\_\_\_\_
- Materials to focus on: \_\_\_\_\_
- Timeline: \_\_\_\_\_

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### Resources & Support

#### Need Help with Overwhelming Reading Loads?

If your reading volume becomes unsustainable even with speed reading techniques, visit **5StarEssays.com** for professional support on lower-priority assignments during peak weeks.

**For More Study Techniques:** Check out the 5StarEssays blog for additional productivity and academic success strategies.

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Download, print, and start your speed reading journey today!

