INCHY STUDY MEMORY TOOLKIT

Retrieval Practice Sheet: Blank Recall

Pull it out of your head before you put more in. Recalling from memory, then checking, builds longer-lasting memory than rereading. Use one sheet per topic, per session.

Topic: **Date:** **Session #:**

1. Close everything
Book, notes, slides and phone away.

2. Recall for 5–10 min
Words, lists, sketches, formulas. Anything you can remember.

3. Check and fix
Open your notes. Add what you missed in a different color.

4. Plan the next one
Hard topic? Come back sooner. Easy? Leave a longer gap.

What I remember

Write or sketch without looking. Messy is fine.

What I missed or got wrong

Questions to test myself next time

How did it go? ☐ **Solid** ☐ **Shaky** ☐ **Lost** **Next review date:** **Notes:**

Reviewed against sources on October 6, 2026. Based on Roediger & Karpicke (2006), Karpicke & Blunt (2011) and Butler & Roediger (2008) on retrieval practice and feedback, and Rawson & Dunlosky (2011) on relearning. Full references at inchyapp.com/memory-and-retrieval-practice.

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