

The Weekly Application Tracker

Replace frantic scrolling with a system. A short target list, a tracker, and one follow-up day a week protects your time and your confidence.

Your weekly rhythm

☐ **Mon:** build a target list of 5–8 real-fit roles.

☐ **Tue–Thu:** apply — tailored, not blasted. Quality over volume.

☐ **Fri:** follow up on anything 5+ days quiet.

This week’s applications

COMPANY	ROLE	APPLIED	SOURCE	TAILORED?	FOLLOW-UP	STATUS

The point

☐ A focused week of 5–8 tailored applications beats 40 generic ones — and it’s far less exhausting.

☐ A follow-up is a professional signal, not begging. One nudge after a week of silence is normal.

☐ Track it so a “no” (or a silence) is data for next week, not a verdict on you.