

7-Day AI Coding Journal

A free starter journal for Ghanaian learners turning coding practice into portfolio proof.

Designed for Ghanaian high-school and university learners in coding, AI, data, cybersecurity, and digital-skills programs. Independent resource. Not an official government product.

How to use this journal

Spend 10 minutes after each learning session. Do not write perfect essays. Capture evidence while it is still fresh.

- Save screenshots of your code, notebook, terminal, app, or design.
- Record prompts you used with AI tools.
- Write what you changed after the AI answer.
- End every day with one next action.

Day 1

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

Day 2

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

Day 3

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

Day 4

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

Day 5

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

Day 6

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

Day 7

Goal for this session: _____

What I learned: _____

What I built or tried: _____

AI prompt I used: _____

What confused me: _____

Proof I saved: _____

Next step: _____

End-of-week portfolio summary

My strongest learning moment this week: _____

One bug or challenge I solved: _____

One project or mini-project I can show: _____

One prompt that helped me learn: _____

What I will build next week: _____