The Audiobook Companion Journal

A printable journal for listeners - narrators, speed, sessions, rewinds and all

Free sample - three real pages: The Listening Method, and one complete Listening Log spread (The Book & The Voice + The Listening Verdict). Print at 100% on US Letter or A4.

How to Use This Journal - The Listening Method

The whole system on one page (journal p.3). The five habits the whole journal is built around, so every later page makes sense.

1. Credit the voice first.
Every Listening Log opens with the narrator's name in the big box - before your verdict, before anything. If you can't name the narrator, the log isn't finished. (Tip: copy it from your app's details screen when you start the book, so you never have to scrub audio for it later.)

2. Log in sessions, not sittings.
Audiobooks are finished in pieces - a chapter per dog walk, three on the motorway, one while the soup minds itself. The logs count sessions, because that's the true shape of a listened book.

3. Mark the rewinds.
A rewind is the highest compliment a listener can pay. Log what made you back up - a line, a twist, a laugh - in the Rewind Log (journal pp.23-24). One line per rewind, timestamp included.

4. Sleep is not a failure state.
If you fall asleep mid-chapter - and you will - the Fell-Asleep Recovery pages (journal pp.25-26) rebuild the thread in two minutes. No guilt is recorded anywhere in this journal; the sleep timer is a tool, not a confession booth.

5. Close with two verdicts.
Every log ends with two separate scores: the Story and the Voice. A great book can be badly read; a slight book can be gloriously performed. One star rating can't say that, so this journal never asks for one.

A full log takes about five minutes across a book's whole life - a minute when you start, a few tallies as you listen, three when you finish. The rule from our other journals applies here too: a journal you keep up beats a beautiful journal you abandon.

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Listening Log, Page 1 - The Book & The Voice

Open the book's record the way a listener actually chose it (journal p.11): the story, the author - and the performing voice, credited in the biggest box on the page.

Book:

Author:

NARRATED BY: (the big box - fill this in first, from the app's details screen)

Also featuring (duet partner / full cast / author-read sections):

Runtime (unabridged): _____ h _____ m Abridged? [ ] No [ ] Yes

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Source: [ ] Owned [ ] Library loan (expires _____) [ ] Subscription credit [ ] Free / promo

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Started: _____ Finished: _____ Sessions it took: _____ My average speed: _____x

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Part A - Why this voice, this book (tick all that apply + write the real one):

[ ] Followed the narrator here [ ] Followed the author here [ ] Next in a series

[ ] Recommended by _____ [ ] The sample chapter sold it

[ ] Runtime fitted a trip / project: _____ [ ] The library hold finally landed

In one sentence, the real reason I pressed play:

Part B - The voice, in advance:

What I expect from this narrator (pace / accent / character range):

Heard them before in: _____ - my verdict then:

Part C - While-listening tallies (a tick per event; details go in the journal's logs):

Rewinds: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Fell asleep: [ ] [ ] [ ] [ ] [ ] [ ]

Speed changes: [ ] [ ] [ ] [ ] [ ] [ ]

Whole chapters replayed: [ ] [ ] [ ] [ ] [ ] [ ]

Listening Log, Page 2 - The Listening Verdict

Close the book's record with the two verdicts only a listener can give (journal p.12), and the decisions only a finished listen can make.

Story verdict (out of 5):

1	2	3	4	5

Voice verdict (out of 5):

1	2	3	4	5

The sentence that explains the Story score:

The sentence that explains the Voice score:

The performance:

Character voices: [ ] Distinct and consistent [ ] Mostly distinct [ ] Everyone sounded alike

Pacing: [ ] Let it breathe [ ] Brisk [ ] Rushed in places [ ] Dragged in places

The voice I would cast again, for anything:

Best listened-while - the session where book and life fitted perfectly (place / activity):

What made it fit:

The moment I'd rewind for anyone - timestamp: _____ - because:

A line that sounded better than it would read - timestamp: _____ - the line, or its gist:

Why the voice made it:

Did the setting steal anything? (a plot point lost to traffic, noise or sleep):

Decisions:

Re-listen someday? [ ] Yes - for the story [ ] Yes - for the voice [ ] No, once was right

Recommend the audio specifically (not just the book)? [ ] Insist on the audio [ ] Either format [ ] Print, honestly

Next from this narrator:

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Next from this author:

One line for the Listening History Index:

This free sample holds three real pages of The Audiobook Companion Journal (44 pages: the Listening Method, Listening Dashboard, Listening History Index, Library Holds & Expiry Queue, the Owned Queue, Set Aside Without Guilt, six two-page Listening Log spreads, the Rewind Log, Fell-Asleep Recovery, Session Notes, Speed Notes, the Narrator Tracker, Series in Audio with the Recast Log, the Re-listen Shelf, and the Annual Listening Review - US Letter, A4 and tablet editions). Its shelf-mates are The Ultimate Reading Journal Bundle and Read It Again - The Reread Journal, which share no pages with it. All live at pagelyra.vercel.app