7-day English practice planner

A small, repeatable plan for learners who can understand simple English. Spend 15-20 minutes a day and keep one piece of work to review.

Week starting: _____ My focus: _____

1 Listen for the main idea

Choose a clear 1-2 minute recording that you already have. Listen once without notes. Write the main idea, then listen again and check two details.

2 Read with a purpose

Read a short message or notice. Write who it is for, its purpose and two key details. Check your notes against the text.

3 Keep useful phrases

Choose five useful phrases from Days 1 and 2. Write a new sentence with each one. Say the sentences aloud and check any uncertain meaning.

4 Speak about your day

Make a 60-second voice recording about a normal day. Listen back. Note one part that was clear and one sentence you would like to improve.

5 Write a real message

Write 80-100 words inviting a friend to an activity. Include what, where and when, and ask for a reply. Check whether all the details are clear.

6 Review one pattern

Look at your notes and writing. Choose one recurring difficulty. Check a reliable reference you already use, then write three corrected examples.

7 Try again and reflect

Repeat the speaking task from Day 4 without reading a script. Compare both recordings. Write one improvement you notice and one goal for next week.

Your weekly record

Use this page after each session. Your confidence rating is a personal reflection, not a test score. 1 = unsure; 5 = confident.

Day	Minutes	One useful phrase or observation	1-5
1			
2			
3			
4			
5			
6			
7			

What became easier this week?

What will I practise next week?

Choose one small goal you can observe, such as giving a clearer one-minute answer or including every detail in a short message. Keep your recordings and notes private unless you choose to share them.

This planner is not an official examination or a score report.