

Daily English Practice Checklist

15 minutes a day to real progress

Consistency beats intensity. This simple daily routine builds real fluency in just 15 minutes.

Morning 5 minutes

- Read one news headline (try BBC Learning English or NPR)
- Look up any words you don't know
- Write one sentence about the headline in your own words

Midday 5 minutes

- Listen to 1 minute of an English podcast (6 Minute English, All Ears English, etc.)
- Write down 3 new words or phrases you hear
- Try to use one of those words in a sentence

Evening 5 minutes

- Write about your day in 3 sentences
- Use at least one new word from today
- Read your sentences out loud for pronunciation practice

WEEKLY TRACKER

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Midday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY MILESTONES

- Week 1** Build the habit. Focus on doing 15 minutes daily, even if imperfect.
- Week 2** Start noticing patterns. Which new words keep appearing?
- Week 3** Try a 2-minute conversation in English (in person or online).
- Week 4** Review all your notes. Write a short paragraph about what you learned.

Remember: You don't need to be perfect. You need to be consistent.