

Complete one speaking task each day.

Confidence score: 1 = Very difficult | 10 = Easy and natural

DAY	DATE	COMPLETED	MINUTES	SKILL PRACTISED	RECORDED	CONFIDENCE	ONE SHORT NOTE
Day 1 		☐			☐		
Day 2		☐			☐		
Day 3		☐			☐		
Day 4		☐			☐		
Day 5		☐			☐		
Day 6		☐			☐		
Day 7		☐			☐		
Day 8		☐			☐		
Day 9		☐			☐		
Day 10 		☐			☐		
Day 11		☐			☐		
Day 12		☐			☐		
Day 13		☐			☐		
Day 14		☐			☐		
Day 15		☐			☐		

HALFWAY CHECK

The skill that is becoming easier:

The situation that still feels difficult:

One thing I will focus on next:

Complete one speaking task each day.

Confidence score: 1 = Very difficult | 10 = Easy and natural

DAY	DATE	COMPLETED	MINUTES	SKILL PRACTISED	RECORDED	CONFIDENCE	ONE SHORT NOTE
Day 16		☐			☐		
Day 17		☐			☐		
Day 18		☐			☐		
Day 19		☐			☐		
Day 20 		☐			☐		
Day 21		☐			☐		
Day 22		☐			☐		
Day 23		☐			☐		
Day 24		☐			☐		
Day 25		☐			☐		
Day 26		☐			☐		
Day 27		☐			☐		
Day 28		☐			☐		
Day 29		☐			☐		
Day 30 		☐			☐		

30-DAY REVIEW

Total days completed:

Total minutes spoken:

My confidence score on Day 1:

My confidence score on Day 30:

My biggest improvement:

The skill I will keep practising:

My next 30-day goal:

Regular speaking creates progress you can hear.