

DAILY ENGLISH PRACTICE KIT

By AfrinEnglish.com



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Afrin English Daily Practice Templates

Build Your English Speaking Habit – One Day at a Time CEFR Level: A1–B1

Welcome!

This is not a textbook — it's your daily toolkit to speak English more, with confidence and less stress.

Each page helps you:

- Reflect on what you **say and hear**
- Practice with **real-life situations**
- Build a **daily speaking routine**
- And most importantly — **track your growth**

These pages are used by learners in the **Afrin English Speaking Challenge**, a 365-day journey to fluent, natural English.

You only need a few minutes a day to use this workbook. Speaking builds confidence. Confidence builds fluency.

Let's begin.

What's Inside

#	Template Name	Why It Helps
1	Daily Speaking Journal	Reflects on real English use each day
2	1-Minute Talk Prompt	Builds fluency with short, focused speech
3	Real Situation Roleplay	Practices real-life scenes like asking, helping
4	Shadowing Practice Sheet	Improves pronunciation, tone, and flow
5	Describe a Person Prompt	Expands fluency through people-based vocabulary
6	A Day in My Life Timeline	Practices speaking about your full routine
7	Confidence Tracker	Builds emotional consistency and motivation
8	30-Day Streak Tracker	Tracks speaking habit visually

1. Daily Speaking Journal

Daily Speaking Journal

Use this at the end of the day to reflect.

Date: _____ **Day** ____ / 30

What did I say today in English?

Something I'm proud of:

A sentence I want to remember or say better:

2. 1-Minute Talk Prompt

1-Minute Talk Prompt

Choose a topic and speak for 60 seconds — no stopping.

Date: _____ **Topic:** _____

Some ideas:

- My favorite dish is...
- One memory from my school...
- The last thing I bought...
- How I feel about Mondays...

Notes (after speaking):

3. Real Situation Roleplay

Real Situation Roleplay

Practice scenes you'll face in real life — at work, outside, or home.

Date: _____ **Scene Title:** _____

Some ideas:

- Asking for directions
- Returning a product
- Talking to a teacher or boss
- Ordering food

What I would say:

Another version of the same sentence:

4. Shadowing Practice Sheet

Shadowing Practice Sheet

Shadowing = listen and repeat the same sentence, with same tone.

Date: _____ **Audio/Video Title:** _____

Sentence I shadowed:

Now say it 3 times:

1. (slow) _____

2. (normal) _____

3. (fast) _____

What I noticed about the speaker:

5. Describe a Person Prompt

Describe a Person Prompt

Use this page to describe someone using English — what they look like, how they act, etc.

Date: _____ **Who I'm describing:** _____

3–5 Sentences About Them:

Optional prompts:

- They are always...
- Their job is...
- I like them because...

6. A Day in My Life Timeline

A Day in My Life Timeline

Speak about your full day using time phrases and verbs.

Date: _____

Morning (6AM–12PM):

Afternoon (12PM–6PM):

Evening (6PM–10PM):

One verb I used today: _____

7. Confidence Tracker

Confidence Tracker

Track how you feel about speaking English today.

Date: _____

Confidence Score: 😞 1 😐 2 😊 3 😄 4 💪 5

What helped or hurt my confidence?

A small win I noticed:

Tomorrow I want to:

☐

Speak to someone

☐

Watch English video + shadow

☐

Try a new sentence

☐

Record myself speaking

☐

Use 2 new words

8. 30-Day Streak Tracker

30-Day Streak Tracker

Tick a box every day you speak or shadow something in English.

Day	Spoke Today	Shadowed Today	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
2	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
3	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
4	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
5	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
6	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
7	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
8	<input type="checkbox"/>	<input type="checkbox"/>	<div></div>
9	<input type="checkbox"/>	<input type="checkbox"/>	

Day	Spoke Today	Shadowed Today	Notes
			<input type="text"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Day	Spoke Today	Shadowed Today	Notes
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Day	Spoke Today	Shadowed Today	Notes
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>
30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>

Don't break the chain! Even 2 minutes counts.

Final Note

This workbook is part of the **AfrinEnglish.com 365-Day Speaking Challenge** — a powerful habit system for real-world fluency.

Use these templates as part of your daily routine. Speak a little every day. Reflect a little every night. And let your English grow the natural way.

You've got this. Let's keep speaking!

Progress Tracking

Monthly Progress Overview

Month: _____

Days Completed: _____ / 30

Confidence Average: _____ / 5

New Words Learned: _____

Favorite Template: _____

Biggest Challenge: _____

Next Month's Goal: _____

This workbook is designed to be printed and used daily. Each template can be photocopied for multiple uses throughout your learning journey.