

60-Day English Fluency & Communication Mastery Plan

A personalized 2-hour daily training system to improve pronunciation, confidence, vocabulary, and public speaking skills. Follow consistently for 60 days.

Day 1

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Red leather, yellow leather." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 2

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Unique New York." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 3

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "She sells seashells by the seashore." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 4

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Peter Piper picked a peck of pickled peppers." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 5

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "How can a clam cram in a clean cream can?" – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 6

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Six slippery snails slid slowly seaward." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 7

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Toy boat, toy boat, toy boat." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 8

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "A proper copper coffee pot." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 9

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Big black bug bit a big black bear." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 10

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Fresh fried fish, fish fresh fried." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 11

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Red leather, yellow leather." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 12

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Unique New York." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 13

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "She sells seashells by the seashore." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 14

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Peter Piper picked a peck of pickled peppers." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 15

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "How can a clam cram in a clean cream can?" – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 16

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Six slippery snails slid slowly seaward." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 17

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Toy boat, toy boat, toy boat." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 18

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "A proper copper coffee pot." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 19

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Big black bug bit a big black bear." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 20

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Fresh fried fish, fish fresh fried." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 21

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Red leather, yellow leather." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 22

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Unique New York." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 23

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "She sells seashells by the seashore." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 24

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Peter Piper picked a peck of pickled peppers." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 25

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "How can a clam cram in a clean cream can?" – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 26

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Six slippery snails slid slowly seaward." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 27

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Toy boat, toy boat, toy boat." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 28

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "A proper copper coffee pot." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 29

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Big black bug bit a big black bear." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 30

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Fresh fried fish, fish fresh fried." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 31

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Red leather, yellow leather." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 32

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Unique New York." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 33

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "She sells seashells by the seashore." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 34

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Peter Piper picked a peck of pickled peppers." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 35

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "How can a clam cram in a clean cream can?" – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 36

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Six slippery snails slid slowly seaward." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 37

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Toy boat, toy boat, toy boat." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 38

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "A proper copper coffee pot." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 39

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Big black bug bit a big black bear." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 40

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Fresh fried fish, fish fresh fried." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 41

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Red leather, yellow leather." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 42

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Unique New York." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 43

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "She sells seashells by the seashore." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 44

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Peter Piper picked a peck of pickled peppers." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 45

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "How can a clam cram in a clean cream can?" – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 46

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Six slippery snails slid slowly seaward." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 47

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Toy boat, toy boat, toy boat." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 48

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "A proper copper coffee pot." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 49

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Big black bug bit a big black bear." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 50

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Fresh fried fish, fish fresh fried." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 51

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Red leather, yellow leather." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 52

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Unique New York." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 53

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "She sells seashells by the seashore." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 54

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Peter Piper picked a peck of pickled peppers." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 55

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "How can a clam cram in a clean cream can?" – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 56

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Six slippery snails slid slowly seaward." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 57

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Toy boat, toy boat, toy boat." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 58

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "A proper copper coffee pot." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 59

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Big black bug bit a big black bear." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing

Day 60

Warm-up Pronunciation (20 min)

- Mouth stretching and vowel sounds (A-E-I-O-U) – 5 min
- Tongue twister: "Fresh fried fish, fish fresh fried." – repeat 20 times slowly, then faster

Reading Aloud (30 min)

- Read 3 – 5 pages from any English book or article out loud
- Focus on clear pronunciation and pauses

Speaking Practice (40 min)

- Talk about your day or a topic (record your voice)
- Listen and repeat with improvement
- Practice speaking at 70% speed

Writing & Vocabulary (20 min)

- Write 8 – 10 sentences about your day
- Learn 5 new words and use them in sentences

Confidence Drill (10 min)

- Speak in front of a mirror or to a person
- Focus on eye contact and relaxed breathing