

# 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