

# 30-Day English Fluency & Grammar Plan

## Daily Routine (1–1.5 hours/day)

Activity	Time	Description
Grammar Rule	15 mins	Learn one grammar rule. Use <a href="#">Perfect English Grammar</a> or <a href="#">EnglishGrammar.org</a> .
Vocabulary	10 mins	Learn 5 new words and write 2 sentences each. Use <a href="#">Quizlet</a> or a notebook.
Speaking Practice	20 mins	Record yourself talking on a topic or talk to someone on a language exchange app.
Listening + Shadowing	15 mins	Watch a short English video (YouTube, Netflix, TED) and imitate how the speaker talks.
Thinking in English	All-day	Practice thinking in English — like while walking, cooking, or waiting.
Optional: Writing Practice	15 mins	Write a small paragraph (journal, opinion, review). Use Grammarly to check mistakes.

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## 30-Day Plan

### Week 1: Basics & Confidence

- Focus: Tenses, Simple Sentence Structure, Self-introduction
- Topics to speak: Your day, hobbies, family, daily routine

### Week 2: Everyday Conversations

- Focus: Prepositions, Articles (a, an, the), Question formation
- Topics to speak: Shopping, asking for help, favorite movie or food

### Week 3: Description & Opinion

- Focus: Adjectives, Adverbs, Comparisons
- Topics to speak: Describe a person, place, or object; give your opinion on something

### Week 4: Storytelling & Advanced Grammar

- Focus: Conditionals, Passive Voice, Reported Speech
- Topics to speak: Tell a real or imaginary story, report a conversation, talk about future goals

## WEEK 1: Basics & Confidence

### Day 1: Simple Present Tense + Self Introduction

- **Grammar Focus:** Simple Present  
*E.g.:* I go to the gym. / She eats breakfast at 9.
- **Learn Rule:** Subject + base verb (s/es for he/she/it)

- **Examples:**
    - I work as a developer.
    - She speaks English well.
  - **Speaking Topic:** Introduce yourself (Name, age, city, job, hobbies)
  - **Vocabulary:** profession, city, age, hobby, daily
  - **Listening:** Watch this [self-introduction video](#)
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## Day 2: Present Continuous Tense + Talking about Today

- **Grammar Focus:** Present Continuous  
*E.g.:* I am learning English. / They are watching TV.
  - **Learn Rule:** Subject + am/is/are + verb+ing
  - **Speaking Topic:** What are you doing now? What are others doing?
  - **Vocabulary:** learning, working, cooking, cleaning, relaxing
  - **Listening:** [What's happening now? - EnglishClass101](#)
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## Day 3: Simple Past Tense + Talking about Yesterday

- **Grammar Focus:** Simple Past  
*E.g.:* I watched a movie. / He played cricket.
  - **Learn Rule:** Subject + past verb (watched, played, went, ate)
  - **Speaking Topic:** What did you do yesterday?
  - **Vocabulary:** watched, visited, cooked, walked, studied
  - **Listening:** [Past Tense Story Practice - Speak English With Mr. Duncan](#)
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## Day 4: Tense Mix Practice + Talking about Your Day

- **Grammar Focus:** Review Present, Present Continuous, and Past Tense  
*E.g.:* I eat breakfast at 8. I am working now. I slept well last night.
  - **Speaking Topic:** Describe your full day from morning to now.
  - **Vocabulary:** breakfast, commute, emails, lunch, break
  - **Listening:** [My Daily Routine in English](#)
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## Day 5: Talking About Family + Pronouns

- **Grammar Focus:** Subject & Possessive Pronouns (I, you, he, she, my, your, their)

- **Speaking Topic:** Talk about your family (how many members, what they do, age, etc.)
  - **Vocabulary:** father, mother, siblings, relatives, occupation
  - **Listening:** [Talk About Your Family in English](#)
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### Day 6: Talking About Hobbies + Like/Dislike

- **Grammar Focus:** Expressing likes and dislikes  
*E.g.:* I like reading. She doesn't like dancing.
  - **Speaking Topic:** What do you like doing in your free time?
  - **Vocabulary:** painting, reading, singing, swimming, hiking
  - **Listening:** [Talking About Hobbies - EnglishClass101](#)
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### Day 7: Daily Routine Recap + Free Speaking

- **Grammar Focus:** Full recap of Week 1 grammar
  - **Speaking Task:** Talk about your day, family, and hobbies in one go (2–3 mins)
  - **Vocabulary:** Combine words from the week
  - **Writing (Optional):** Write a paragraph about your daily routine
  - **Listening:** [Daily Routine Story with Subtitles](#)
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## Tips for Week 1:

- Practice in front of a mirror or record your voice.
- Focus on sentence accuracy, not speed.
- Use Grammarly to check your writing.
- Try to use **new words** you learn every day in your speaking.

## WEEK 2: Everyday Conversations

### Focus:

- Grammar: **Prepositions, Articles (a, an, the), Question Formation**
  - Speaking Topics: **Shopping, asking for help, favorite things, small talk**
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### Day 8: Articles (a, an, the) + Talking about Objects

- **Grammar Focus:**

- Use “a” before consonant sounds: a pen, a car
  - Use “an” before vowel sounds: an apple, an engineer
  - Use “the” for specific things: the sun, the book on the table
  - **Speaking Topic:** Describe items in your room using "a/an/the"
  - **Vocabulary:** table, window, book, phone, chair
  - **Listening:** [Articles - a, an, the \(BBC English\)](#)
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## Day 9: Prepositions of Place + Describing Location

- **Grammar Focus:** in, on, under, next to, between, behind, in front of
  - **Speaking Topic:** Describe where things are in your room/home
  - **Vocabulary:** beside, corner, shelf, drawer, near
  - **Listening:** [Prepositions of Place with pictures](#)
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## Day 10: Prepositions of Time + Talking About Schedules

- **Grammar Focus:** at (specific time), on (days), in (months/years)
    - *e.g.:* at 5 PM, on Monday, in March
  - **Speaking Topic:** Describe your schedule or routine (When do you eat/sleep/work?)
  - **Vocabulary:** appointment, meeting, deadline, lunch, dinner
  - **Listening:** [Prepositions of Time](#)
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## Day 11: WH- Questions (What, Where, When, Why...)

- **Grammar Focus:** Forming questions
    - *e.g.:* What do you do? Where do you live? When do you eat?
  - **Speaking Topic:** Practice asking and answering WH-questions
  - **Vocabulary:** when, where, why, who, how
  - **Listening:** [English Questions for Beginners](#)
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## Day 12: Asking for Help / Directions

- **Grammar Focus:** Polite question structures  
*E.g.:* Can you help me? / Could you tell me how to go to...?
- **Speaking Topic:** Practice real-life roleplay: asking for directions or help

- **Vocabulary:** left, right, straight, near, behind, entrance
  - **Listening:** [How to ask for directions in English](#)
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### Day 13: Shopping Conversation

- **Grammar Focus:** Countable/Uncountable nouns, Quantifiers (some, any, a few, a lot of)
  - **Speaking Topic:** Roleplay – shopping at a store, asking for prices, sizes
  - **Vocabulary:** price, cost, bill, expensive, cheap, checkout
  - **Listening:** [Shopping Conversation](#)
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### Day 14: Talking About Favorites + Recap

- **Grammar Focus:** Expressing opinions
    - I love... / I prefer... / My favorite is...
  - **Speaking Topic:** Talk about your favorite movie, food, place, book, or person
  - **Vocabulary:** favorite, amazing, exciting, delicious, interesting
  - **Listening:** [Talking about Favorites - RealLife English](#)
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## Week 2 Tips:

- Try to use **question patterns** in everyday life (even in your head).
- Use new words and phrases when chatting with friends.
- Practice short dialogues aloud.
- Review what you learned in Week 1 and combine it with this week.

## WEEK 3: Description & Opinion

### Focus:

- Grammar: **Adjectives, Adverbs, Comparative & Superlative Forms**
  - Speaking Topics: **Describe a person/place/thing, give opinions, compare things**
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### Day 15: Using Adjectives + Describing People

- **Grammar Focus:** Adjective order and structure  
*E.g.:* She is a kind, helpful teacher. / He's tall and smart.
- **Speaking Topic:** Describe a friend or family member (appearance + personality)

- **Vocabulary:** kind, funny, hardworking, short, stylish, friendly
  - **Listening:** [Describing People in English](#)
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### Day 16: Describing Places

- **Grammar Focus:** Using “there is/there are” + adjectives  
*E.g.:* There is a beautiful park near my house.
  - **Speaking Topic:** Describe your home, city, or a place you like
  - **Vocabulary:** peaceful, crowded, modern, ancient, green, cozy
  - **Listening:** [Describing a City or Place](#)
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### Day 17: Adverbs of Manner + How People Do Things

- **Grammar Focus:** Adverbs ending in -ly (quickly, slowly, carefully)  
*E.g.:* She speaks clearly. He drives carefully.
  - **Speaking Topic:** How do you do things? (Speak, work, cook, etc.)
  - **Vocabulary:** quickly, softly, beautifully, neatly, loudly
  - **Listening:** [Adverbs of Manner](#)
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### Day 18: Comparisons – Using “er/more/than”

- **Grammar Focus:** Comparative adjectives  
*E.g.:* This book is better than that one. / She is more creative than him.
  - **Speaking Topic:** Compare two things (cities, phones, friends, jobs)
  - **Vocabulary:** better, worse, faster, taller, more useful
  - **Listening:** [Comparatives in English](#)
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### Day 19: Superlative Forms – Using “the -est / most”

- **Grammar Focus:** Superlatives  
*E.g.:* This is the most delicious dish I’ve ever eaten. / He’s the tallest in class.
  - **Speaking Topic:** Talk about the best/worst things you know
  - **Vocabulary:** best, worst, most interesting, most important
  - **Listening:** [Superlatives in English](#)
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## Day 20: Giving Opinions + Agree/Disagree

- **Grammar Focus:** Opinion phrases  
*E.g.:* I think... / In my opinion... / I believe... / I agree/disagree...
  - **Speaking Topic:** Talk about your opinion on a movie, news, topic, or trend
  - **Vocabulary:** agree, disagree, think, believe, opinion, view
  - **Listening:** [How to Express Your Opinion in English](#)
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## Day 21: Recap & Practice – Describe and Share

- **Grammar Focus:** Mix of adjectives, adverbs, comparisons, and opinion phrases
  - **Speaking Task:** Talk for 2–3 minutes about:
    - A place you love
    - Someone you admire
    - Something you think is amazing
  - **Vocabulary:** Mix of all week's vocabulary
  - **Listening:** [Daily English Conversation – Description Practice](#)
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## Week 3 Tips:

- Use "and" and "but" to connect ideas.
- Practice describing things around you daily (even mentally).
- Watch English reviews and try to copy how people describe and give opinions.
- Use voice recording to track your fluency progress.

## WEEK 4: Storytelling & Advanced Grammar

### Focus:

- **Grammar:** Past tenses, Future forms, Conditionals, Linking words
  - **Speaking Topics:** Narrating experiences, sharing plans, if-then ideas, connecting ideas fluently
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## Day 22: Past Simple Tense – Tell a Short Story

- **Grammar Focus:** Regular & irregular verbs in the past  
*e.g.:* I visited Goa last year. / She went to college at 9 a.m.
- **Speaking Topic:** Share a memory – a trip, a special day, or an accident

- **Vocabulary:** went, saw, met, enjoyed, stayed, felt
  - **Listening:** [Past Simple Storytelling](#)
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### **Day 23: Past Continuous – Describing Background Actions**

- **Grammar Focus:** Was/were + verb-ing  
*e.g.:* I was watching TV when she called.
  - **Speaking Topic:** Talk about what was happening at a specific moment in the past
  - **Vocabulary:** watching, working, sleeping, raining, driving
  - **Listening:** [Past Continuous Tense with Examples](#)
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### **Day 24: Future Forms – Plans and Predictions**

- **Grammar Focus:** “will” for predictions / “going to” for plans  
*e.g.:* I will call him tomorrow. / I’m going to start a new course.
  - **Speaking Topic:** Talk about your plans for next week/month/year
  - **Vocabulary:** plan, decide, future, tomorrow, next, soon
  - **Listening:** [Future Tense in English](#)
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### **Day 25: First Conditional – Real Possibilities**

- **Grammar Focus:** If + present, will + verb  
*e.g.:* If it rains, I’ll stay home.
  - **Speaking Topic:** Talk about your future using “if”
  - **Vocabulary:** if, when, unless, possible, probably
  - **Listening:** [1st Conditional Explained](#)
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### **Day 26: Second Conditional – Imaginary Situations**

- **Grammar Focus:** If + past, would + verb  
*e.g.:* If I had a million dollars, I would travel the world.
  - **Speaking Topic:** Talk about dreams, what-if scenarios
  - **Vocabulary:** would, could, dream, imagine, rich, different
  - **Listening:** [Second Conditional](#)
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## Day 27: Linking Words – Making Sentences Flow

- **Grammar Focus:** and, but, so, because, however, therefore, meanwhile, after that
  - **Speaking Topic:** Tell a story using linking words (like how your day went or a memory)
  - **Vocabulary:** later, then, suddenly, finally, afterwards
  - **Listening:** [Linking Words in English Speaking](#)
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## Day 28: Practice – Tell a Full Story

- **Task:** Combine everything! Use past/future/conditional + linking words.
  - **Speaking Topic Ideas:**
    - A trip you'll never forget
    - Your dream future
    - A funny thing that happened recently
  - **Listening:** [Storytelling in English](#)
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## Day 29: Conversation Roleplay

- **Task:** Practice dialogues in these situations:
    - At the airport
    - At a job interview
    - Meeting someone new
  - **Listening:** [English Conversation Roleplay](#)
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## Day 30: Final Speaking Challenge!

- **Speaking Task:**
    - Record yourself talking for **2–3 minutes** on any topic you love
    - Try to use: description, opinions, past, future, conditionals, linking
  - **Review Tips:**
    - Play Week 1 recordings (if you have them) and compare your growth!
    - Celebrate – you've done 30 days of effort
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## Daily Practice Suggestions:

- Watch 1 short English video daily

- Speak for at least 10–15 minutes every day (aloud or with a partner)
- Record yourself once a week and listen to your pronunciation & flow
- Write small journal entries using what you learn