

30-DAY English Challenge



This calendar is responsive! Click on each day for links to help you complete each activity. Visit talkintownenglish.com to read about the benefits of doing each challenge. Good luck!

WRITE	READ	LISTEN	DO	RELAX	SPEAK	WATCH
1 write a letter to your future self 5 minutes	2 read your horoscope out loud 5 minutes	3 listen to a famous poem 10 minutes	4 take online personality tests 15 minutes	5 listen to a guided meditation 16 minutes	6 sing along to 3 favorite songs 15 minutes	7 watch a TED talk on language 20 minutes
8 write about your favorite hobby 20 minutes	9 read the weather report 20 minutes	10 listen to a famous speech 20 minutes	11 make a deck of flashcards 25 minutes	12 watch a video about your hobby 25 minutes	13 memorize 3 jokes or tongue twisters 25 minutes	14 watch some Twilight Zone episodes 30 minutes
15 write about your job or studies 30 minutes	16 read reviews of a movie you've seen 30 minutes	17 take some listening quizzes 40 minutes	18 follow an exercise video 40 minutes	19 prepare a meal using a recipe 40 minutes	20 attend a conversation class online 45 minutes	21 watch a documentary about your city 45 minutes
22 write a "thank you" note 45 minutes	23 read a biography of a famous person 45 minutes	24 listen to a podcast or radio show 60 minutes	25 write a bucket list of 25 things to do 60 minutes	26 play some online word games 60 minutes	27 make an "About Me" video 60 minutes	28 watch a Broadway musical 90 minutes
29 translate an interview of a family member 90 minutes	30 read the script of a musical 90 minutes	<h2 style="font-size: 2em; margin: 0;">Congratulations! YOU DID IT!</h2>				