

Beginner Daily Practice Journal

A simple 7-day template. Just 10 minutes a day builds real, lasting progress.

Why This Works

Short, consistent daily practice beats long, occasional study sessions. This journal gives you a simple structure to follow every day — no guesswork, no overwhelm.

Day 1

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

Day 2

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

Day 3

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

Day 4

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

Day 5

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

Day 6

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

Day 7

3 new words I learned today:

1. _____ 2. _____ 3. _____

One sentence using a new word:

Today's weather, in English: _____

Something I said in English today:

End of Week Reflection

My favourite new word this week: _____

What felt easier this week: _____

What I want to practise more next week: _____