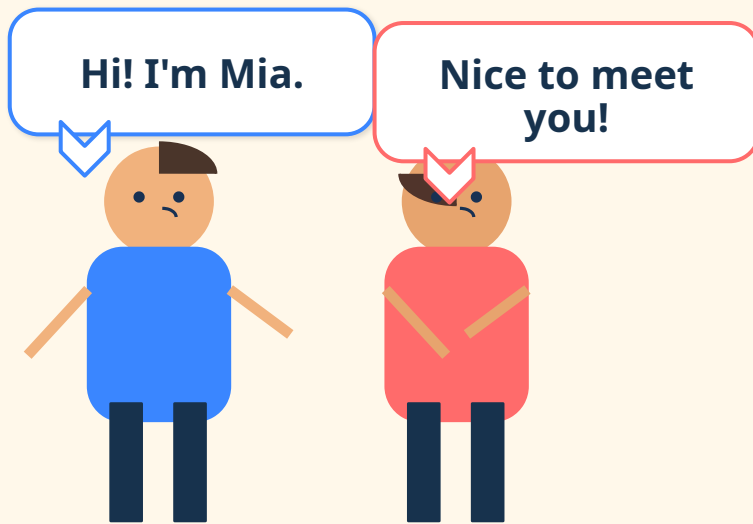


30-DAY

ENGLISH CHALLENGE

Speak a little more clearly, confidently, and naturally -
one simple day at a time.



Made for beginners + young learners
20-30 minutes a day • simple steps • real speaking practice

START HERE →

FROM "I KNOW SOME ENGLISH..." TO "I CAN USE IT."

In 30 days, you will practice the English you need for introductions, school, shopping, food, directions, stories, opinions, and everyday conversations.



Understand



Say



Use



Repeat

**You do not need perfect grammar.
You need clear steps + daily practice.**

Every day uses the same 4-step system.

No guessing. No long theory. Just learn → see → say → do.

1

LEARN

Read one small idea.

2

SEE

Look at a clear example.

3

SAY

Speak it out loud.

4

DO

Finish one mini challenge.

RULE: SPEAK OUT LOUD

Six simple stages.

Each stage adds one new skill without forgetting the earlier ones.

- | | | | |
|----|-----------------------|------------|--------------------------------|
| 01 | BASICS | Days 1-7 | Introduce, ask, describe |
| 02 | LISTEN + SOUND | Days 8-14 | Hear, copy, tell stories |
| 03 | REAL LIFE | Days 15-21 | School, shop, food, directions |
| 04 | FLUENCY | Days 22-25 | Connect, solve, small talk |
| 05 | PERFORM | Days 26-29 | Present, role-play, rehearse |
| 06 | FINISH | Day 30 | Show your progress |

Five rules that make the challenge work.

Keep these simple rules for all 30 days.

1

Speak out loud

reading silently is not enough.

2

Keep sentences short before making them longer.

3

Repeat useful sentences until they feel easy.

4

Record yourself on checkpoint days.

5

Mistakes are information. Correct them, then continue.

Say hello with confidence

Introduce yourself in 3 simple sentences.

TODAY'S GOAL

1

LEARN

Use: "Hi, I'm ____." "I'm from ____." "I like ____."

2

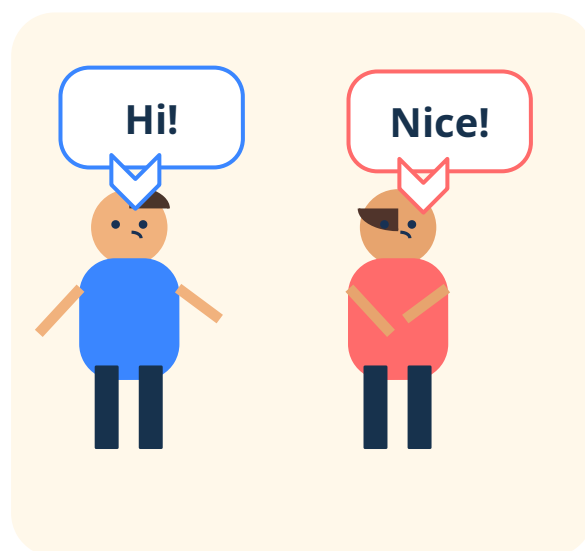
SEE

Hi, I'm Mia. I'm from Delhi. I like music.

3

SAY

Say it slowly 3 times. Then say it without looking.



4 MINI CHALLENGE

Meet an imaginary new classmate. Speak for 20 seconds.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Use I, you, he, she + am/is/are

Build correct “be” sentences.

TODAY'S GOAL

1

LEARN

I am • You are • He is • She is • We are • They are

2

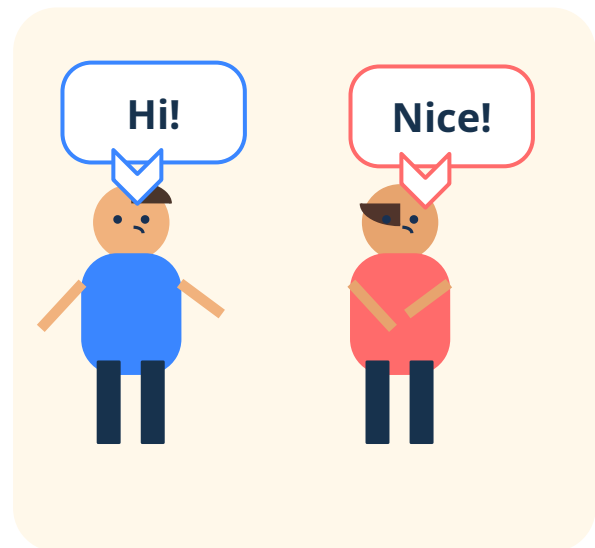
SEE

I am 14. She is my friend.
We are ready.

3

SAY

Make 6 short sentences
about people around you.



4 MINI CHALLENGE

Fix: “She are happy.” → “She is happy.”

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Talk about what you do every day

Use the simple present for habits.

TODAY'S GOAL

1

LEARN

I play. You study. He plays.
She studies.

2

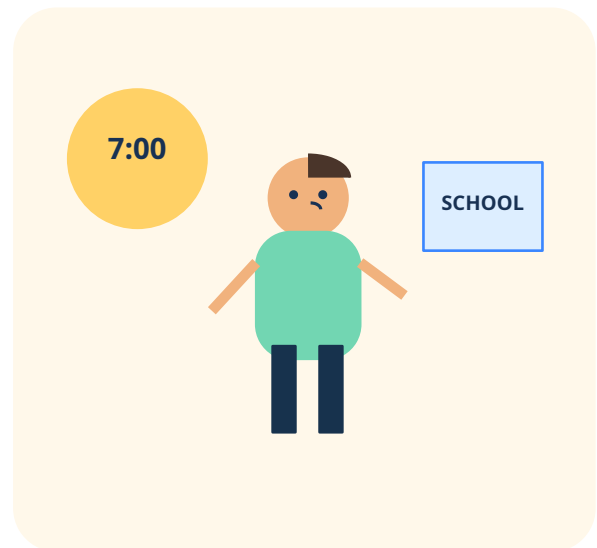
SEE

I study English after school.
My brother plays football.

3

SAY

Say 5 things you do every
day.



4 MINI CHALLENGE

Add a time: "I study English at 7 p.m."

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Tell your daily routine in order

Connect actions using time words.

TODAY'S GOAL

1

LEARN

First • Then • After that • Finally

2

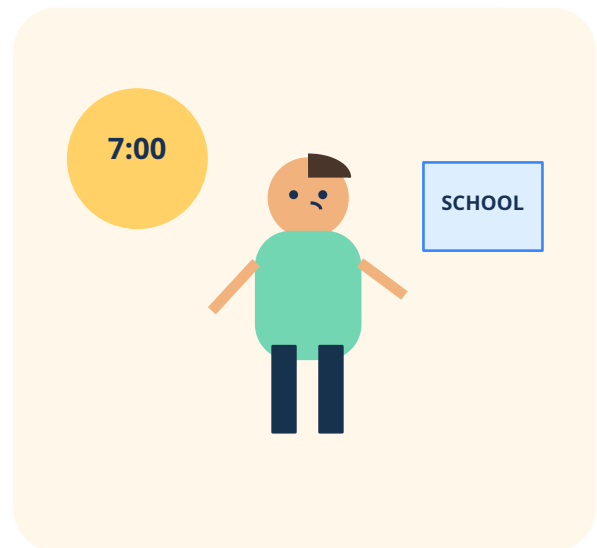
SEE

First, I wake up. Then, I eat breakfast. Finally, I go to school.

3

SAY

Tell your morning in 4 steps.



4 MINI CHALLENGE

Speak for 30 seconds without stopping.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Ask easy questions

Use question words naturally.

TODAY'S GOAL

1

LEARN

What? Where? When? Who?
Why? How?

2

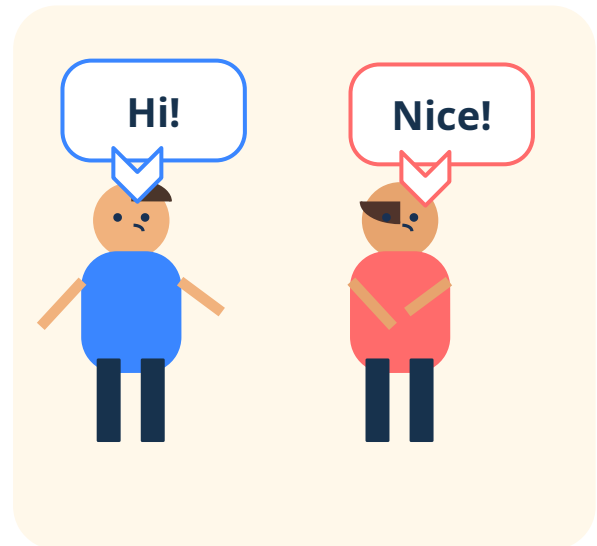
SEE

Where do you live? What do
you like? How are you?

3

SAY

Ask 5 questions to an
imaginary friend.



4 MINI CHALLENGE

Answer each question in one full sentence.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Describe your family or friends

Use simple describing words.

TODAY'S GOAL

1

LEARN

kind • funny • quiet • helpful
• tall • creative

2

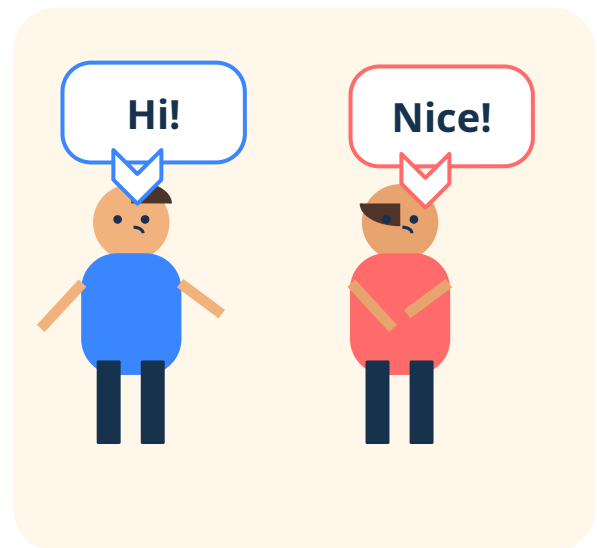
SEE

My sister is funny and helpful. She likes drawing.

3

SAY

Describe one person in 4 sentences.



4 MINI CHALLENGE

Add one reason: "She is helpful because..."

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Week 1 checkpoint

Use what you learned without reading.

TODAY'S GOAL

1

LEARN

Introduce yourself + routine + questions + description.

2

SEE

Speak for 60 seconds.
Mistakes are okay - keep going.

3

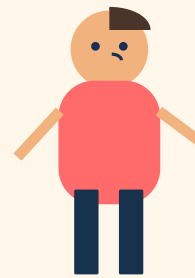
SAY

Record yourself once.
Listen. Record again.

FIRST

THEN

END



4 MINI CHALLENGE

Give yourself 1 point for clarity, 1 for full sentences, 1 for confidence.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

CHECKPOINT DAY

Listen for key words, not every word

Understand the main idea faster.

TODAY'S GOAL

1

LEARN

Listen for 3 things: WHO?
WHERE? ACTION?

2

SEE

"Maya is going to the library
after school." → Maya /
library / going

3

SAY

Listen to a short English clip
and write 3 key words.



4 MINI CHALLENGE

Explain the clip using only those 3 key words.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Copy the speaker: shadowing

Improve rhythm and confidence.

TODAY'S GOAL

1

LEARN

1. Listen 2. Pause 3. Copy 4. Repeat

2

SEE

Speaker: "What are you doing?" You copy the same rhythm.

3

SAY

Shadow 5 short sentences from a video or audio.



4 MINI CHALLENGE

On the last round, speak at the same time as the speaker.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Make final sounds clear

Be easier to understand.

TODAY'S GOAL

1

LEARN

Don't drop the last sound:
bookS • workED • want

2

SEE

"I like cats." Make the /s/
clear.

3

SAY

Say: books, likes, helped,
want, best.



4 MINI CHALLENGE

Record 5 words. Can you hear the final sound?

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Talk about yesterday

Use simple past for finished actions.

TODAY'S GOAL

1

LEARN

play → played • watch →
watched • go → went • see
→ saw

2

SEE

Yesterday, I watched a
movie and went to the park.

3

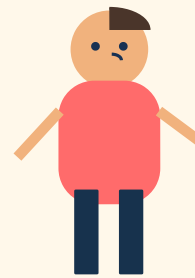
SAY

Say 4 things you did
yesterday.

FIRST

THEN

END



4 MINI CHALLENGE

Use “first, then, finally” in your answer.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Tell a tiny story

Speak in a clear beginning-middle-end.

TODAY'S GOAL

1

LEARN

FIRST = start • THEN = middle • FINALLY = end

2

SEE

First, I missed the bus.
Then, I called my dad.
Finally, I reached school.

3

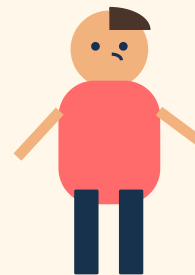
SAY

Tell a 3-part story from your week.

FIRST

THEN

END



4 MINI CHALLENGE

Add one feeling: happy, worried, excited, surprised.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Talk about tomorrow

Share simple plans.

TODAY'S GOAL

1

LEARN

I'm going to... • I plan to... • I want to...

2

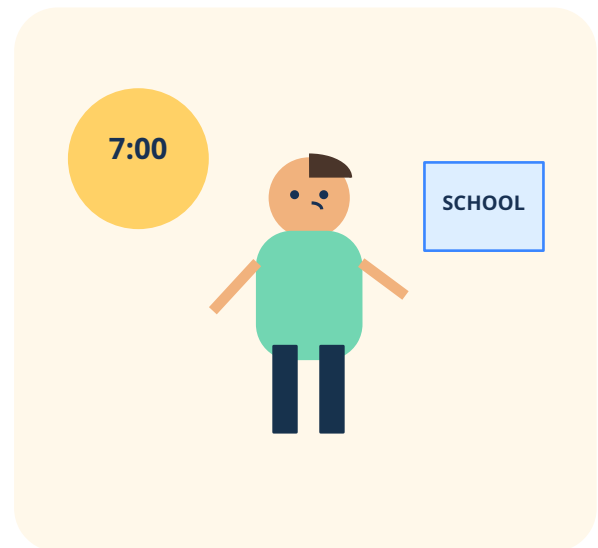
SEE

Tomorrow, I'm going to study and play badminton.

3

SAY

Say 3 plans for tomorrow.



4 MINI CHALLENGE

Add a time and place to one plan.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Week 2 checkpoint

Listen, repeat, and tell a short story.

TODAY'S GOAL

1

LEARN

Listening + pronunciation + past + future.

2

SEE

1 minute: what you did yesterday + what you will do tomorrow.

3

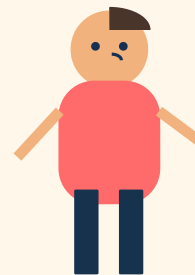
SAY

Record it once. Circle one part to improve.

FIRST

THEN

END



4 MINI CHALLENGE

Repeat only that part 3 times, then record again.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

CHECKPOINT DAY

Build useful school English

Speak about class, homework, and learning.

TODAY'S GOAL

1

LEARN

subject • homework • test •
project • explain •
understand

2

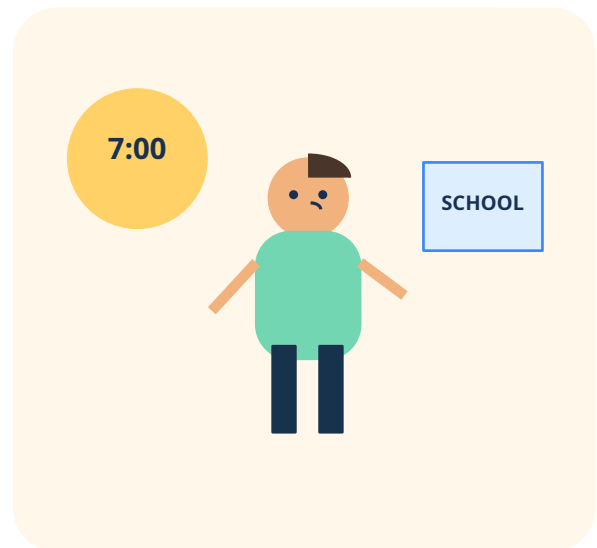
SEE

I have a science test
tomorrow. I need to review
chapter 3.

3

SAY

Explain your school day in 5
sentences.



4 MINI CHALLENGE

Ask for help: "Could you explain that again, please?"

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

English for shopping

Ask price, size, and choice questions.

TODAY'S GOAL

1

LEARN

How much is this? • Do you have a larger size? • I'll take it.

2

SEE

How much is this T-shirt? Do you have it in blue?

3

SAY

Role-play buyer and seller.



4 MINI CHALLENGE

Buy 2 imaginary items with a budget of \$20.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Order food politely

Use natural restaurant phrases.

TODAY'S GOAL

1

LEARN

I'd like... • Can I have...? • Anything else? • That's all, thanks.

2

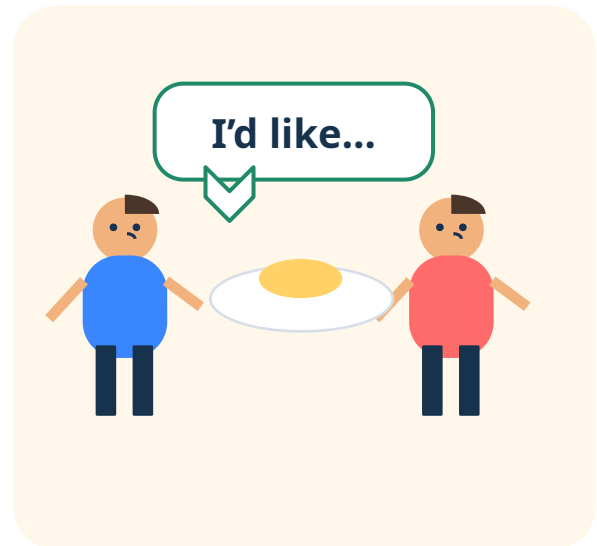
SEE

I'd like a sandwich and water, please.

3

SAY

Order a meal in 4 sentences.



4 MINI CHALLENGE

Change your order once: "Actually, can I have...?"

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Ask for and give directions

Understand common direction words.

TODAY'S GOAL

1

LEARN

go straight • turn left • turn right • next to • across from

2

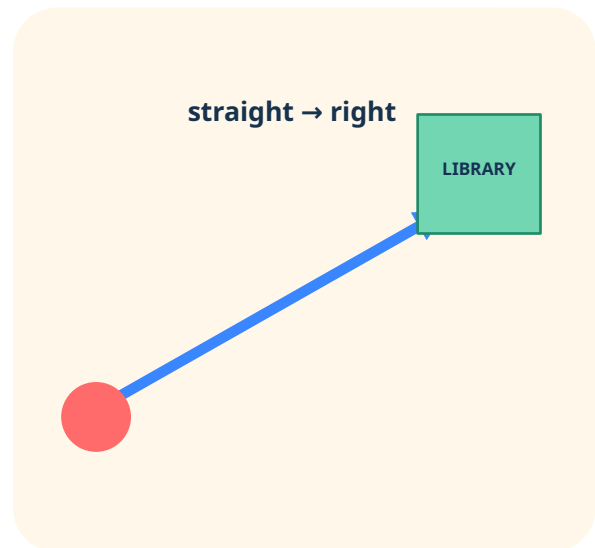
SEE

Go straight, then turn right. The library is next to the bank.

3

SAY

Give directions from your home to a nearby place.



4 MINI CHALLENGE

Draw the route and say it again without notes.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Speak on a phone or voice note

Stay clear when there are no visual clues.

TODAY'S GOAL

1

LEARN

Hi, is this...? • Could you repeat that? • One moment, please.

2

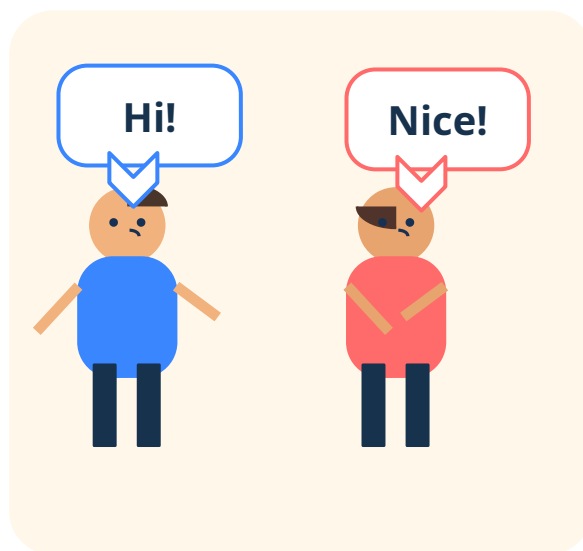
SEE

Hi, is this Arjun? Could you repeat the time, please?

3

SAY

Record a 20-second voice note to a friend.



4 MINI CHALLENGE

Listen once. Remove filler words like “umm” on take 2.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Share feelings and opinions

Say what you think and why.

TODAY'S GOAL

1

LEARN

I think... • I feel... • In my opinion... • because...

2

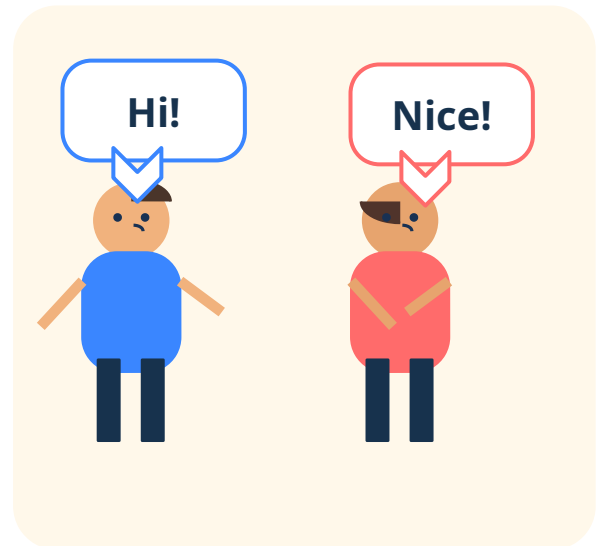
SEE

I think school uniforms are useful because they are simple.

3

SAY

Give your opinion on music, games, or school.



4 MINI CHALLENGE

Give one reason and one example.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Week 3 real-world checkpoint

Handle 4 everyday situations.

TODAY'S GOAL

1

LEARN

Shopping • food • directions
• opinion

2

SEE

Do four 30-second role-plays.

3

SAY

No scripts on the second round.



4 MINI CHALLENGE

Which situation felt hardest? Repeat only that one.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

CHECKPOINT DAY

Speak longer with connector words

Turn short answers into smooth answers.

TODAY'S GOAL

1

LEARN

and • but • because • so • then

2

SEE

I like football because it is exciting, but I don't play every day.

3

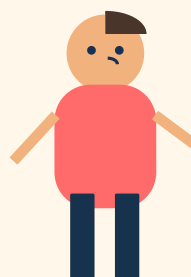
SAY

Take one 5-word answer and grow it to 20 words.

FIRST

THEN

END



4 MINI CHALLENGE

Use 3 different connectors in one answer.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Solve a problem in English

Use calm, useful phrases when something goes wrong.

TODAY'S GOAL

1

LEARN

There's a problem... • I need help with... • Could we...?

2

SEE

There's a problem with my order. Could we check it, please?

3

SAY

Role-play a wrong food order or missing item.



4 MINI CHALLENGE

Stay polite even when you repeat the problem.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Fix 5 common mistakes

Notice mistakes that block clear speech.

TODAY'S GOAL

1

LEARN

He go → He goes • I am agree → I agree • She have → She has

2

SEE

Wrong: "I didn't went."
Right: "I didn't go."

3

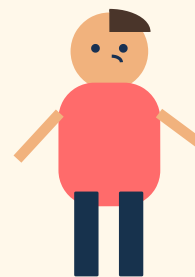
SAY

Read the wrong version,
then the right version.

FIRST

THEN

END



4 MINI CHALLENGE

Create one wrong sentence and correct it yourself.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Make small talk

Start and continue a friendly conversation.

TODAY'S GOAL

1

LEARN

Start → ask → react → ask again

2

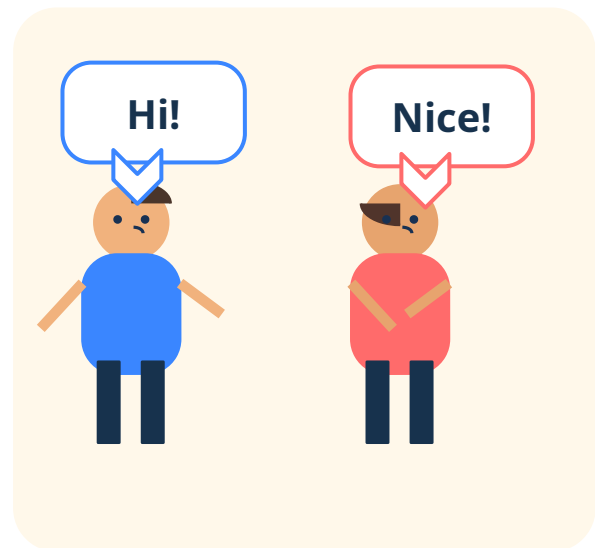
SEE

"How was your weekend?"
"Good! I visited my cousin."
"Nice! What did you do?"

3

SAY

Practice a 6-line conversation.



4 MINI CHALLENGE

Use one follow-up question instead of changing the topic.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Give a 1-minute mini presentation

Organize your ideas before speaking.

TODAY'S GOAL

1

LEARN

1. Topic 2. Three points 3.
Final sentence

2

SEE

Topic: My favorite hobby.
Point 1: what it is. Point 2:
why I like it. Point 3: when I
do it.

3

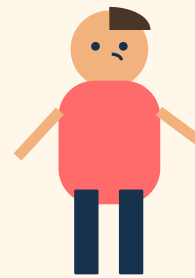
SAY

Speak for 60 seconds using
only 3 keywords.

FIRST

THEN

END



4 MINI CHALLENGE

Look up less on take 2 - speak from memory.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Handle a full real-world role-play

Combine questions, answers, and problem-solving.

TODAY'S GOAL

1

LEARN

Choose one: restaurant • shop • school office • travel desk

2

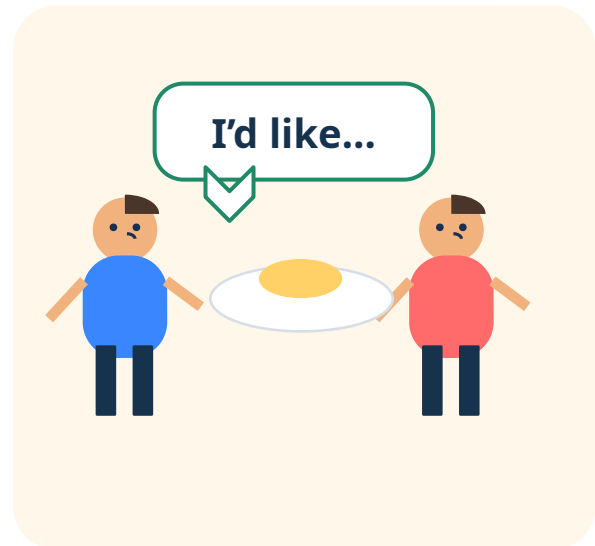
SEE

Start with a greeting. Ask 2 questions. Solve 1 small problem. End politely.

3

SAY

Do the role-play for 90 seconds.



4 MINI CHALLENGE

Switch roles and do it again.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Fluency challenge: keep going

Reduce long pauses.

TODAY'S GOAL

1

LEARN

If you forget a word, explain it another way.

2

SEE

Forgot "umbrella"? Say: "The thing you use when it rains."

3

SAY

Speak for 2 minutes about your day.



4 MINI CHALLENGE

No stopping for more than 3 seconds.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

CHECKPOINT DAY

Final rehearsal

Prepare for your Day 30 benchmark.

TODAY'S GOAL

1

LEARN

Review: introduction • routine • past • future • opinion • role-play

2

SEE

Do one 2-minute practice recording.

3

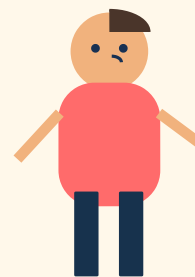
SAY

Listen and choose only ONE thing to improve.

FIRST

THEN

END



4 MINI CHALLENGE

Practice that one thing for 5 minutes.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

Final benchmark: show your progress

Speak independently for 3 minutes.

TODAY'S GOAL

1

LEARN

Part 1: introduce yourself.
Part 2: tell a story. Part 3:
give an opinion.

2

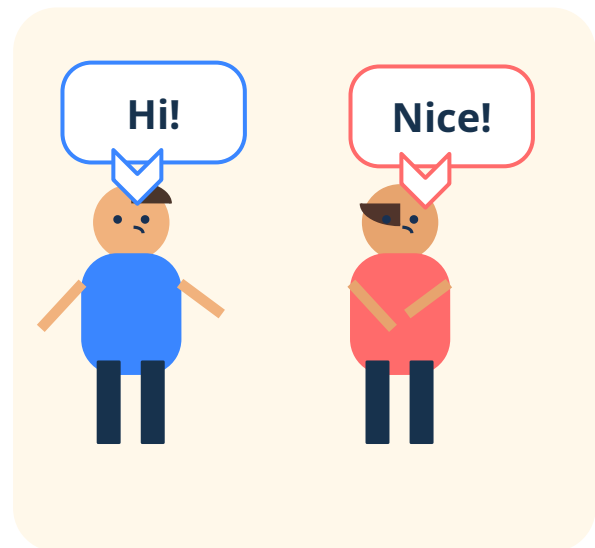
SEE

Do not aim for perfect
English. Aim for clear,
complete, confident English.

3

SAY

Record your final 3-minute
talk.



4 MINI CHALLENGE

Compare with Day 1. Write 3 things that improved.

SELF-CHECK

☐

I tried

☐

I spoke out loud

☐

I can repeat it

SPEAK • REPEAT • IMPROVE

5 words that make you sound more fluent.

Use these to connect short ideas into natural answers.

AND

adds an idea

I study English and I watch videos.

BUT

shows contrast

I like football, but I don't play every day.

BECAUSE

gives a reason

I practice because I want to improve.

SO

shows a result

I was tired, so I went to bed.

THEN

shows the next step

I finish school, then I go home.

When you get stuck, use these 8 phrases.

Good speakers do not know every word. They know how to keep the conversation moving.

1

Could you repeat that, please?

2

Could you speak a little slower?

3

What does ___ mean?

4

How do you say ___ in English?

5

I'm not sure, but I think...

6

Let me try again.

7

I don't know the word, but it's like...

8

One moment - I'm thinking.

Your next 7 days.

Keep the habit alive with one small speaking task each day.

1

Day 31

2-minute self-introduction

2

Day 32

shadow 1 short video

3

Day 33

tell a story from yesterday

4

Day 34

do a shopping or food role-play

5

Day 35

give your opinion + 2 reasons

6

Day 36

2-minute no-stop fluency talk

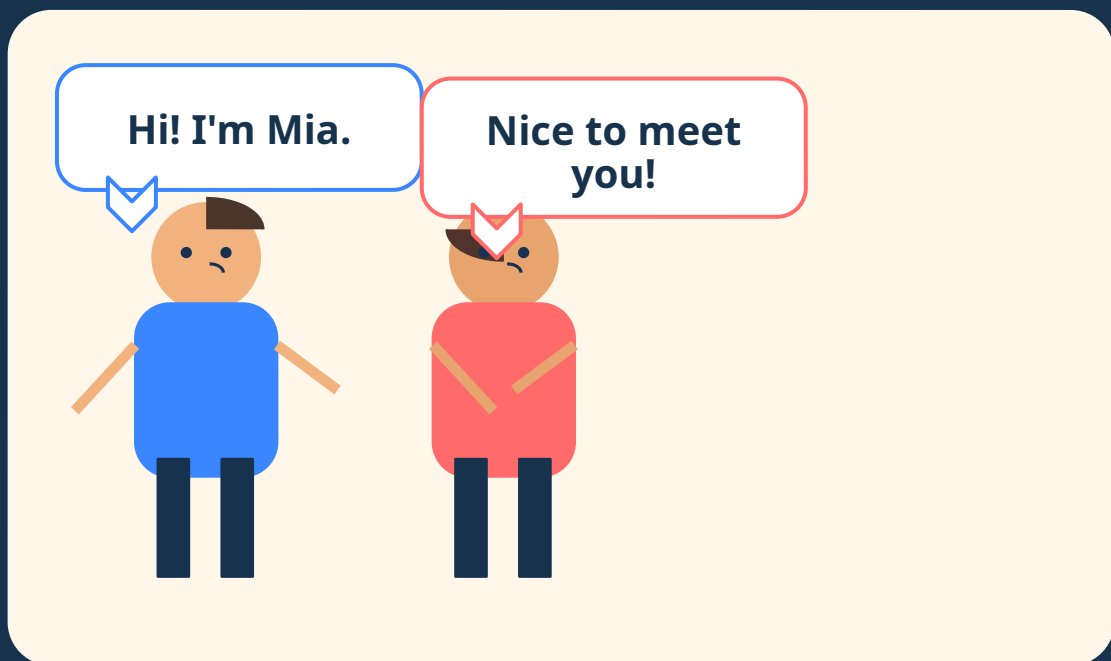
7

Day 37

repeat your Day 30 benchmark

KEEP THE STREAK

CLEAR ENGLISH BEATS PERFECT ENGLISH.



Your system from now on:

LEARN → SEE → SAY → DO → REPEAT

Small daily practice wins.