30-day study plan

About 45 to 60 minutes a day. Tick each day when you finish it.

Day	Task	Done
1	Read Chapter 1 and Chapter 2. Write down the CLB level you need.	
2	Chapter 3: listening skills. Practise the note symbols with any radio news.	
3	Chapter 4 and Listening Practice 1. Check answers, read the transcript.	
4	Chapter 5 and Listening Practice 2. Vocabulary: Home and housing.	
5	Chapter 6 and Listening Practice 3. Vocabulary: Health.	
6	Chapter 7 and Listening Practice 4. Listen to one local news story.	
7	Chapter 8 and Listening Practice 5. Vocabulary: Work.	
8	Chapter 9 and Listening Practice 6. Review all listening mistakes.	
9	Chapter 10: reading skills. Practise skimming three short articles.	
10	Chapter 11 and Reading Practice 7. Vocabulary: Community and services.	
11	Chapter 12 and Reading Practice 8. Do the discount question on paper.	
12	Chapter 13 and Reading Practice 9. Vocabulary: Getting around.	
13	Chapter 14 and Reading Practice 10. Review all reading mistakes.	
14	Chapter 15: how Writing is scored. Then read the three Task 1 models in Chapter 16.	
15	Chapter 16: write the Task 1 practice with a 27-minute timer.	
16	Rewrite yesterday's email. Use two new phrases from Chapter 20.	
17	Chapter 17: write the Task 2 practice with a 26-minute timer.	
18	Write Task 2 again, choosing Option B. Vocabulary: Money and shopping.	
19	Chapter 18: how Speaking works. Record Speaking Task 1 and 2.	
20	Speaking Tasks 3 and 4 with the market picture. Listen to the models.	
21	Speaking Tasks 5 and 6. Record twice; compare with the models.	
22	Speaking Tasks 7 and 8. Vocabulary: Weather and seasons.	
23	Chapter 21: grammar and accuracy. Do the 20 practice questions.	
24	Online Exam Simulator (or Chapter 23): Listening and Reading.	
25	Simulator review: read every explanation. Vocabulary: Useful phrases.	
26	Online Exam Simulator: Writing. Compare with the models.	
27	Online Exam Simulator: Speaking, with recording on.	
28	Chapter 22: one more email, one more survey answer, two speaking tasks.	
29	Light day: Chapter 2 again, check your ID and test centre route.	
30	Rest. Short flash card review only. Early night.	

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7-day plan and score tracker

7-day plan (if your test is very close)

Day	Focus	Done
1	Chapters 1 to 3. Listening Practices 1 and 2.	
2	Listening Practices 3 to 6. Read every transcript.	
3	Chapters 10 to 12. Reading Practices 7 and 8.	
4	Reading Practices 9 and 10. Chapter 20: two topics.	
5	Writing: one Task 1 and one Task 2 with the timer. Compare with the models.	
6	Speaking: all eight tasks, recorded. Listen to the model answers.	
7	Full test in the Online Exam Simulator or Chapter 23. Chapter 2 again. Early night.	

Score tracker

Practice	Try 1	Try 2	Out of
Listening Practice 1 (Part 1)			8
Listening Practice 2 (Part 2)			5
Listening Practice 3 (Part 3)			6
Listening Practice 4 (Part 4)			5
Listening Practice 5 (Part 5)			8
Listening Practice 6 (Part 6)			6
Reading Practice 7 (Part 1)			11
Reading Practice 8 (Part 2)			8
Reading Practice 9 (Part 3)			9
Reading Practice 10 (Part 4)			10
Simulator Listening			38
Simulator Reading			38

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