

## Weekly English Speaking Journal & Habit Tracker

Use this weekly journal and tracker to build better speaking habits.

Each day, complete the checklist and reflect briefly on your practice.

Use the vocabulary box to write new words or expressions you used.

At the end of the week, use the review section to evaluate your progress.

### Day 1

- I spoke in English for at least 3 minutes.

- I practiced thinking in English (no translating).

- I used at least one new word or phrase.

- I recorded myself or spoke out loud.

- I listened to a native speaker and repeated key phrases.

Notes / Reflection:

Vocabulary I Used Today:

---

---

### Day 2

- I spoke in English for at least 3 minutes.

- I practiced thinking in English (no translating).

- I used at least one new word or phrase.

- I recorded myself or spoke out loud.

- I listened to a native speaker and repeated key phrases.

Notes / Reflection:

Vocabulary I Used Today:

---

---

## Weekly English Speaking Journal & Habit Tracker

### Day 3

- I spoke in English for at least 3 minutes.
- I practiced thinking in English (no translating).
- I used at least one new word or phrase.
- I recorded myself or spoke out loud.
- I listened to a native speaker and repeated key phrases.
- Notes / Reflection:

Vocabulary I Used Today:

---

---

### Day 4

- I spoke in English for at least 3 minutes.
- I practiced thinking in English (no translating).
- I used at least one new word or phrase.
- I recorded myself or spoke out loud.
- I listened to a native speaker and repeated key phrases.
- Notes / Reflection:

Vocabulary I Used Today:

---

---

### Day 5

- I spoke in English for at least 3 minutes.
- I practiced thinking in English (no translating).
- I used at least one new word or phrase.
- I recorded myself or spoke out loud.

## Weekly English Speaking Journal & Habit Tracker

- I listened to a native speaker and repeated key phrases.

Notes / Reflection:

Vocabulary I Used Today:

---

---

### Day 6

- I spoke in English for at least 3 minutes.

- I practiced thinking in English (no translating).

- I used at least one new word or phrase.

- I recorded myself or spoke out loud.

- I listened to a native speaker and repeated key phrases.

Notes / Reflection:

Vocabulary I Used Today:

---

---

### Day 7

- I spoke in English for at least 3 minutes.

- I practiced thinking in English (no translating).

- I used at least one new word or phrase.

- I recorded myself or spoke out loud.

- I listened to a native speaker and repeated key phrases.

Notes / Reflection:

Vocabulary I Used Today:

---

---

## Weekly English Speaking Journal & Habit Tracker

### Weekly Reflection

1. What was easiest for me this week?
2. What was most challenging?
3. Which habit helped me the most?
4. What will I focus on next week?