Small Steps English Tracker

Build your English habit. Stay consistent. See real progress.

Your Goal (Start here)

- My objective: _____
- Deadline: _____

It should be specific. Example: Reach B1 in 6 months / Speak confidently in meetings

Your Weekly Plan (keep it simple)

Choose ONLY 1–3 activities:

☐ Listening (podcast / radio)
☐ Reading (articles / emails)
☐ Speaking (class / practice)
☐ Study (platform / grammar)
☐ Writing (emails / notes)

Other: _____

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Date:

Activity in English	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**Total per month**
Listening																																
Reading																																
Speaking																																
Study																																
Writing																																
E.g. Listening	5	5	5		5	5	10	10	5		15	15	10	5				5	10	15	15	5	5			10	10	10	15	5	5	2 hours 45 minutes

Start on the date you begin this tracker. E.g. if you begin on the 7th, start on day 7.
Inside the box, write the number of minutes you spend on each topic.
If you don´t do anything one day, leave it blank, or better, put it in red.
At the end of the month, count how much time you spend on English. Try to do more next month.

The important thing isn´t to do something in English every day, it is to do it enough days that it becomes a habit.

For information on our Groups and Business English Programmes: inglesconkillian.com