# 30-day English plan (15-20 minutes a day)

Free from angrezo.com. Print it, share it, no sign-up. Tick each day when done.

## Week 1: Basic sentences and the present

| Day | Topic | Task | Lesson / sentences |
|---|---|---|---|
| ☐ 1 | Introduce yourself | Read the parts of speech overview, say 5 self-introduction lines out loud three times, and record a 30-second voice note introducing yourself to keep for Day 30. | The 8 parts of speech (hub) / Introducing yourself |
| ☐ 2 | Greet people with confidence | Study I, me, my, and mine in the pronoun lesson, then say 6 greeting lines out loud as if meeting a colleague or neighbour in Pune. | What is a pronoun? / Meeting and greeting |
| ☐ 3 | Count items and shop easily | Read the singular and plural rules, practise 5 shopping questions out loud twice, and write 4 sentences listing things on your desk or kitchen shelf. | Singular and plural nouns / Shopping |
| ☐ 4 | Talk about your daily routine | Study the simple present tense (especially he/she + verb-s), speak 5 polite phrases aloud, and write 5 sentences about your morning routine. | Simple present tense (present indefinite) / Thanks, sorry and good manners |
| ☐ 5 | Say what is happening right now | Read the present continuous lesson, practise 5 phone sentences out loud, and look around you to speak 4 sentences about what is happening right now. | Present continuous tense / On the phone |
| ☐ 6 | Ask clear questions and seek help | Learn how to build questions with do, does, and is/are, say 5 asking-for-help lines aloud, and write 4 questions you would ask at a new railway station or office. | Questions with do, does and be / Asking for help |
| ☐ 7 | Week 1 review and voice check | Review present tense forms and polite goodbye lines, then record a 45-second voice note about your usual Sunday and replay it to spot missing 's' endings. | Present tense: simple vs continuous (hub) / Saying goodbye |

## Week 2: Past, future and clear descriptions

| Day | Topic | Task | Lesson / sentences |
|---|---|---|---|
| ☐ 8 | Learn everyday verb forms | Read 15 common irregular verbs aloud with all three forms (go-went-gone, eat-ate-eaten), and practise 5 eating-out sentences twice. | Verb forms: V1, V2, V3 (with list of 350 verbs) / Eating out and ordering food |
| ☐ 9 | Talk about yesterday | Study the simple past tense, practise 5 auto, cab, bus, or train sentences out loud, and write 5 sentences about what you did yesterday evening. | Simple past tense (past indefinite) / Auto, cab, bus and train |
| ☐ 10 | Share plans for tomorrow | Read the simple future tense lesson, say 5 sentences for making plans with friends out loud, and write 4 lines about your plans for next weekend. | Simple future tense: will and going to / Making plans with friends |
| ☐ 11 | Describe places and ask directions | Study adjectives, practise 5 shop and direction lines aloud, and write 4 sentences describing your neighbourhood or local market. | What is an adjective? / Shops, restaurants and directions |
| ☐ 12 | Use in, on, and at accurately | Read the preposition lesson focusing on time and place, practise 5 bank and government-office sentences aloud, and write 4 sentences using in, on, and at. | What is a preposition? (with list) / Bank and government office |

| Day | Topic | Task | Lesson / sentences |
|---|---|---|---|
| ☐ 13 | Explain how and how often | Study common adverbs (slowly, usually, twice a day), practise 5 doctor and pharmacy sentences aloud, and write 4 sentences about your habits. | What is an adverb? / Doctor and pharmacy |
| ☐ 14 | Week 2 review and voice check | Review past and future tense forms alongside 5 small-talk lines, then record a 1-minute clip covering what you did last week and what you will do next week. | Future tense (hub) / Small talk with new people |

## Week 3: Connected sentences and everyday conversation

| Day | Topic | Task | Lesson / sentences |
|---|---|---|---|
| ☐ 15 | Give completed work updates | Read the present perfect tense lesson (have/has + V3), practise 5 everyday office sentences out loud, and write 4 sentences about tasks you have finished today. | Present perfect tense / Everyday office talk |
| ☐ 16 | Describe ongoing past moments | Study was/were + verb-ing in the past continuous lesson, say 5 congratulating and consoling lines aloud, and write 4 sentences about what you were doing yesterday at 8 pm. | Past continuous tense / Congratulating and consoling |
| ☐ 17 | Join ideas and give your opinion | Learn how to link clauses with because, although, but, and so, practise 5 opinion lines aloud, and join 4 pairs of short sentences in writing. | Conjunctions / Giving your opinion |
| ☐ 18 | Keep conversations flowing | Read the question tags lesson (It is warm today, isn't it?), practise 5 small-talk sentences aloud, and add the right tag to 5 statements of your own. | Question tags / Small talk with new people |
| ☐ 19 | Choose sharper everyday words | Study 12 useful synonym and antonym pairs, practise giving opinions without overusing 'good' or 'bad', and rewrite 4 plain sentences with clearer words. | Synonyms and antonyms / Giving your opinion |
| ☐ 20 | Write a clear short paragraph | Read the paragraph writing lesson, write a 6-sentence paragraph about your city or work, and read your paragraph aloud twice to check flow and punctuation. | Paragraph writing (format and examples) |
| ☐ 21 | Week 3 review and storytelling check | Review all past tense forms and 5 phone catch-up lines, then record a 1-minute story about a recent workday or outing and check your verbs while listening back. | Past tense (hub) / On the phone |

## Week 4: Workplace, interviews and final review

| Day | Topic | Task | Lesson / sentences |
|---|---|---|---|
| ☐ 22 | Speak cleanly in meetings | Study subject-verb agreement rules (Everyone is ready, The team has agreed), practise 5 meeting phrases aloud, and write 4 crisp work or college updates. | Subject-verb agreement (rules with examples) / Speaking in meetings |
| ☐ 23 | Report what someone said on a call | Read the direct and indirect speech lesson, practise 5 call and video-meeting lines aloud, and write 4 sentences reporting what a colleague or teacher told you this week. | Direct and indirect speech (narration) / Calls and video meetings |
| ☐ 24 | Ask for leave and write an application | Read the leave application format, practise 5 leave-and-timing sentences out loud, and draft a short two-day leave application for December 2026. | Leave application (for school, college and office) / Leave and timings |

## 30-day English plan (15-20 minutes a day)

| Day | Topic | Task | Lesson / sentences |
|---|---|---|---|
| ☐ **25** | Write short, clear work emails | Study the email writing lesson, review 5 workplace email and message lines, and write one 5-line follow-up email with a clear subject line and sign-off. | Email writing (format and examples) / Emails and messages |
| ☐ **26** | Use passive voice and prep your interview intro | Learn when passive voice sounds natural in updates (The file was sent), then practise your interview self-introduction out loud 5 times at a steady pace. | Active and passive voice / Talking about yourself |
| ☐ **27** | Talk about strengths and write formally | Read the formal letter structure to keep your tone polite and direct, then practise answering strengths and weaknesses questions aloud 4 times. | Formal letter (format and examples) / Strengths and weaknesses |
| ☐ **28** | Week 4 review and interview voice check | Revise all 12 tenses on the tense chart, practise answering 'Why this job?' aloud, and record a 1-minute response to check your pace and tense accuracy. | Tense chart: all 12 tenses with formulas and examples / Why this job |
| ☐ **29** | Sound natural with phrasal verbs | Read 10 everyday phrasal verbs (follow up, figure out, look after), practise 5 placement-interview sentences aloud, and write 4 sentences using those verbs. | Phrasal verbs (200 with Hindi meaning) / Placements and internships |
| ☐ **30** | Final 1-minute self-introduction check | Record a 1-minute self-introduction covering your background, daily work, and goals, then play it next to your Day 1 clip to hear how much clearer and steadier you sound. | Introducing yourself |