

Daily English Learning Routine Worksheet

Step 1: Set Your Goals

What are your top 3 English learning goals? (e.g., Improve speaking, expand vocabulary, read fluently)

1. _____

2. _____

3. _____

Step 2: Assess Your Time Availability

How much time can you dedicate to learning English daily?

☐ 30 minutes

☐ 1 hour

☐ More than 1 hour

When is the best time for you to study? (Check all that apply)

☐ Morning

☐ Afternoon

☐ Evening

☐ Night

Step 3: Create Your Study Plan

Time of Day	Activity	Duration

Step 4: Choose Your Study Methods



Reading

☐ Read books or articles

☐ Take notes & summarize

☐ Read aloud for pronunciation



Speaking

☐ Practice with a language partner

- ☐ Use ChatGPT for conversation
- ☐ Summarize what you read aloud

Listening

- ☐ Listen to audiobooks
- ☐ Watch English videos/podcasts
- ☐ Repeat sentences for pronunciation

Writing

- ☐ Keep a daily journal
- ☐ Write book/article summaries
- ☐ Practice new vocabulary in sentences

Step 5: Track Your Progress

Date	Reading	Speaking	Listening	Writing

Step 6: Reflect & Adjust

At the end of the week, reflect on your progress:

- What worked well? _____
- What challenges did you face? _____
- How can you improve next week? _____

☒ Stay consistent and adjust your plan as needed to make learning English a daily habit!

****Tip:**** Print this worksheet or save a digital copy to keep track of your progress!