4 week speaking calendar

10 minutes a day, six days a week, one longer session on Sunday. lingobestie.com

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun (20 to 30 min)
1: Warm up	Say it back	Say it back	Read aloud	Mirror	Say it back	Narrate your day	Record 5 lines
2: Rhythm	Shadowing	Shadowing	Say it back	Narrate your day	Shadowing	Roleplay a scene	Record and compare vs week 1
3: Conversation	Roleplay a scene	AI bestie call	Voice notes	Shadowing	AI bestie call	Think aloud	Tutor session or exchange
4: Stretch	AI bestie call	Roleplay with a twist	Voice notes	Shadowing	AI bestie call	Think aloud	Record a 90 second story, compare with week 1

Rules: never skip two days in a row. Keep sessions short enough for your worst day. Write the date and one sentence you said.

Day 28: listen to your week 1 recording and compare. That moment is the proof.