WEEK 1 / 4

Diagnose & build the basics

Find your score leaks before chasing fancy vocabulary. Take one honest baseline, then build a writing routine you can repeat under pressure.

STUDENT RESULTS DAILY ENGLISH PRO

+1.5 bands on average
for students who follow this plan

YOUR PATH 6.0–6.5 → 7.5

Typical result; individual outcomes vary with starting level and consistency.

DAILY COMMITMENT

120 min

2 focused hours per day

30-DAY TOTAL

60 hrs

Writing gets the biggest share.

Writing · 45 min	Listening · 15 min*	Reading · 15 min*	Speaking · 25 min
Essay / report + feedback	Targeted questions + review	Timed questions + evidence	Record, listen, repeat

*Alternate Listening and Reading emphasis by day; spend the remaining 20 minutes on your error log and vocabulary. On mock days, follow the day's specified test and review tasks.

TOOLKIT Full mocks · Writing Checker · Score Calculator · Band Descriptors — A free account covers the latest 2 packs per exam type.

Daily checklist

Tick each task when done · ≈2 hours/day · purple tasks use dailyenglishpro.com

Day 01 — Baseline

- [ ] Write one Task 2 essay in 40 min, then get your baseline band from the Writing Checker.
- [ ] Take a Listening practice set (20 questions); record your score and each error type.
- [ ] Record a 2-min Part 2 answer; note pauses and repeated words.

Day 02 — Task response

- [ ] Break down an agree / disagree prompt: choose a position and 2 reasons before writing.
- [ ] Reading: 20 True / False / Not Given questions; underline the evidence for each.
- [ ] Answer 8 Part 1 questions using answer + reason + detail.

Day 03 — Paragraphs

- [ ] Write 2 body paragraphs using point → explain → example.
- [ ] Listening Section 1: mark it, then review spelling slips and distractors.
- [ ] Part 2: plan for 1 min, speak for up to 2 min with no restarts.

Day 04 — Task 1

- [ ] Skim the Task 1 criteria in Band Descriptors, then write: Academic = chart report with an overview; General = a letter.
- [ ] Reading: matching headings, 20 questions.
- [ ] Answer 5 Part 3 questions with a reason and an example each.

Day 05 — Grammar

- [ ] Rewrite your Day 1 essay; fix articles, plurals, tense and sentence boundaries.
- [ ] Listening Section 2: mark it, then check the transcript line by line.
- [ ] Shadow 5 min of clear English audio, then play a Speaking Drill round.

Day 06 — Timed practice

- [ ] Write a fresh Task 2 in 40 min; self-score against all 4 criteria.
- [ ] Reading: 1 timed passage (20 min); review every wrong answer.
- [ ] Record a new Part 2 answer and compare it with Day 1.

Day 07 — Review day

- [ ] Compare both essays; list 3 recurring errors to target next week.
- [ ] Redo 10 missed Listening / Reading questions.
- [ ] Replay your recordings, then drill your weakest type with the Top 100 Speaking Questions.

Weekly focus

Writing foundations

Success checkpoint

Baseline recorded · top 3 recurring errors identified

WEEK 2 / 4

Build Band 7 writing habits

Develop ideas fully, make every paragraph easy to follow, and choose vocabulary for accuracy, not decoration.

Daily checklist

Tick each task when done · ≈2 hours/day · purple tasks use dailyenglishpro.com

Day 08 — Essay planning

- [ ] Plan 3 prompts in 5 min each, then write one full Task 2 essay.
- [ ] Do a Listening Drill on Section 3 question types; spot the paraphrases.
- [ ] Part 1: answer 10 questions with no memorised scripts.

Day 09 — Coherence

- [ ] Write an essay with one clear purpose per body paragraph.
- [ ] Reading: matching information, 20 questions.
- [ ] Part 3: compare past vs present across 6 questions; borrow 3 phrases from the 100 Part 3 Phrases.

Day 10 — Task 1

- [ ] Write one timed Task 1; underline your overview and key comparisons.
- [ ] Listening Section 4: note signposting words and keywords.
- [ ] Part 2: describe a person or experience; record and review.

Day 11 — Lexical accuracy

- [ ] Pick 15 topic collocations from the 300 Writing Topic Chunks; use only the ones that fit the meaning in an edited essay.
- [ ] Reading: sentence completion, 20 questions.
- [ ] Paraphrase 8 common IELTS questions aloud.

Day 12 — Grammar range

- [ ] Write 2 body paragraphs using accurate complex sentences.
- [ ] Study the 200 Listening Words, then do 25 mixed questions; label the cause of each error.
- [ ] Speak for 2 min; check tense consistency and sentence endings.

Day 13 — Timed writing

- [ ] Write Task 2 in 40 min, run it through the Writing Checker, and fix the top 3 flags.
- [ ] Reading: 1 timed passage; justify every answer with evidence.
- [ ] Part 3: discuss causes, effects and solutions.

Day 14 — Rewrite & review

- [ ] Rewrite your weakest essay using the feedback; compare both versions.
- [ ] Redo 15 incorrect questions from this week.
- [ ] Record a mock Speaking Part 1 + Part 2; list 2 fixes.

Weekly focus

Argument development

Success checkpoint

3 Task 2 essays · 2 Task 1 tasks · 2 essays rewritten

THIS WEEK'S TOOLS Writing Checker · 300 Writing Topic Chunks · 100 Part 3 Phrases · 200 Listening Words

Open them in a second tab while you work.

WEEK 3 / 4

Add timing & consistency

Move from knowing the technique to using it under pressure. Track mock scores, not just study hours.

Daily checklist

Tick each task when done · ≈2 hours/day · purple tasks use dailyenglishpro.com

Day 15 — Writing under time

- [ ] Complete Task 1 + Task 2 in 60 min; review the weaker response.
- [ ] Listening: timed Sections 1–2; classify each error.
- [ ] Part 2: 1-min notes, 2-min answer, no restarts.

Day 16 — Reading accuracy

- [ ] Rewrite yesterday's weaker response, fixing the top 3 errors.
- [ ] Review your 3 hardest question types, then solve 25 questions with a Reading Drill.
- [ ] Part 3: answer 6 abstract questions with examples.

Day 17 — Task response

- [ ] Write Task 2; check that every part of the prompt is answered directly.
- [ ] Reading: 1 timed passage; review evidence and paraphrases.
- [ ] Practise 10 Part 1 answers; cut repeated fillers.

Day 18 — Listening precision

- [ ] Write a 40-min Task 2; check position, paragraph logic and grammar.
- [ ] Take a full Listening test on Listening practice; score it out of 40 and note the cause of each error.
- [ ] Pronunciation: stress key words in 10 answers.

Day 19 — Task 1 control

- [ ] Write one timed Task 1; check overview, grouping and comparisons.
- [ ] Reading: 20 mixed questions under time pressure.
- [ ] Full Speaking mock: record all 3 parts, then try the AI report in Speaking practice.

Day 20 — Full mock

- [ ] Sit a full CBT mock test (Listening + Reading) under exam conditions.
- [ ] Mark both tests; convert with the Score Calculator and look for patterns.
- [ ] Review your Speaking recording; choose 3 priorities.

Day 21 — Mock review

- [ ] Rewrite the weakest mock-test paragraph; correct recurring errors.
- [ ] Redo 15 mock-test errors without looking at the answers.
- [ ] Drill your weakest Speaking part for 15 min.

Weekly focus

Timed performance

Success checkpoint

2 timed Writing sets · 1 full L/R test · mock test reviewed

THIS WEEK'S TOOLS — Reading Drill · Listening Drill · Speaking practice · Score Calculator — Open them in a second tab while you work.

WEEK 4 / 4

Exam readiness & final polish

Rehearse the full test experience, close your biggest gaps, and protect your energy before test day.

Daily checklist

Tick each task when done · ≈2 hours/day · purple tasks use dailyenglishpro.com

Day 22 — Writing precision

- [ ] Write Task 2 in 40 min; check position, paragraph logic and grammar.
- [ ] Listening: 25 questions from your weakest section.
- [ ] Part 2: tackle an unfamiliar cue card.

Day 23 — Reading timing

- [ ] Edit one earlier essay for precision: cut repetition, replace vague words.
- [ ] Reading: 1 full test in 60 min; review every wrong answer.
- [ ] Part 3: practise balanced opinions and comparisons.

Day 24 — Full Writing test

- [ ] Complete Task 1 + Task 2 in 60 min on the Writing practice page; keep 5 min to proofread.
- [ ] Score both responses with the Writing Checker; note one fix per criterion.
- [ ] Speak through 10 mixed questions with no notes.

Day 25 — Full mock 1

- [ ] Sit a full Recent Actual Test (Listening + Reading) in one timed sitting.
- [ ] Mark it and compare with Day 20; locate the score gaps.
- [ ] Complete a full Speaking mock; review fluency and clarity.

Day 26 — Targeted repair

- [ ] Rewrite one essay and one Task 1 / letter using the feedback.
- [ ] Redo 20 questions from your weakest L/R question types.
- [ ] Repeat weak Speaking answers with corrected language.

Day 27 — Full mock 2

- [ ] Simulate test day with a full CBT mock: all four skills in separate timed sessions.
- [ ] Record scores in the tracker below; compare with earlier mocks.
- [ ] Use any remaining time for calm, realistic Speaking practice.

Day 28 — Consolidate

- [ ] Review essay plans, Task 1 overview patterns and your error log.
- [ ] Re-read the Exam Format guide for timing; review key Listening / Reading traps.
- [ ] One short Speaking warm-up; prepare logistics and sleep.

Day 29 — Final review

- [ ] Review your 10 most frequent Writing errors; plan 2 essays and polish the weaker paragraph.
- [ ] Complete 15 Listening + 15 Reading questions from weak areas.
- [ ] Record one short Part 2 answer; review clarity.

Day 30 — Keep it light

- [ ] Skim your essay structures and the Task 1 overview checklist.
- [ ] Review common spelling errors and paraphrases; no full test.
- [ ] 10-min Speaking warm-up; confirm test-day logistics and sleep early.

Weekly focus

Exam simulation

Success checkpoint

2 full mocks · final error list · stable timing

Score tracker

Fill in after each full mock · convert raw scores with the Score Calculator

Mock	L	R	W	S	Overall
Baseline	___	___	___	___	___
Week 2	___	___	___	___	___
Week 3	___	___	___	___	___
Final	___	___	___	___	___

Band 7.5 is a target, not a guarantee. General Training candidates should practise letters instead of Academic charts, maps and processes. Need a longer runway? Compare plans in the 30- vs 90-day guide.