PHASE 1 / 4

Foundation: baseline & fundamentals

Know exactly where you start: take a real baseline, learn the format, and build the habits every later phase depends on.

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

90 min

Steady, sustainable, every day

90-DAY TOTAL

135 hrs

Writing gets the biggest share.

Writing · 35 min	Listening · 20 min	Reading · 20 min	Speaking · 15 min
Essay / report + rewrite	Targeted questions + review	Timed questions + evidence	Record, listen, repeat

Each day below combines these blocks (about 90 minutes). Day 7 of every week is a review day; on mock days, follow the day's specified test.

Weekly roadmap

Tick each day when done · purple items use dailyenglishpro.com

WEEK 1 / 13 · DAYS 01—07

Baseline & format

Diagnosis · know your starting point

- [ ] D01 Sit a full CBT mock test's Listening + Reading in one timed block; record both raw scores.
- [ ] D02 Write Task 1 (20 min) + Task 2 (40 min); check both in the Writing Checker for your baseline Writing band.
- [ ] D03 Record Speaking Parts 1–3 once. Replay: note pauses, fillers and tense slips. Start your error log.
- [ ] D04 Convert Day 1 scores with the Score Calculator; lock Academic vs General using the Academic vs General guide.
- [ ] D05 Do 20 True / False / Not Given questions and mark the evidence line for every answer.
- [ ] D06 Write one Task 2 essay in 40 min; mark it against the 4 criteria. Add 20 Listening questions (Sections 1–2).
- [ ] D07 Review day: list the top 3 errors per skill and set your targets for Week 2.

Checkpoint: Baseline scores recorded · module chosen · error log started

WEEK 2 / 13 · DAYS 08—14

Grammar & paragraph control

Accuracy & structure

- [ ] D08 Edit 2 old paragraphs for articles, plurals and tense. Listening Section 1: 20 questions.
- [ ] D09 Write 2 body paragraphs using point → explain → example. Reading: 20 True / False / Not Given.
- [ ] D10 Plan 3 Task 2 prompts in 5 min each. Speaking Part 1: 10 questions, answer + reason + detail.
- [ ] D11 Write one Task 1 overview (Academic chart / General letter opening). Listening Section 2 + spelling review.
- [ ] D12 Learn 20 trap words from the 200 Listening Words; do Section 3 and check the transcript.
- [ ] D13 Timed Task 2 (40 min). Reading: 1 timed passage with full review. Record one Part 2 answer.
- [ ] D14 Review day: rewrite your weakest essay, redo 15 errors, update the error log.

Checkpoint: 2 essays rewritten · top 5 errors fixed · L/R accuracy up 10%

WEEK 3 / 13 · DAYS 15—21

Four-skill fundamentals

Question-type routines

- [ ] D15 Reading: matching headings + matching information, 25 questions; underline every paraphrase.
- [ ] D16 Listening Sections 3–4: 20 questions, noting signposting phrases; add 10 min of a Listening Drill.
- [ ] D17 Write Task 2 in 40 min. Part 3: 6 questions with opinion + reason + example.
- [ ] D18 Task 1 timed (20 min); learn 15 chunks from the 300 Writing Topic Chunks and rewrite with them.
- [ ] D19 Part 2: 3 cue cards (1 min plan, 2 min speak); record and compare with Day 3.
- [ ] D20 Timed set: Task 1 + Task 2 in 60 min; self-score against all 4 criteria.
- [ ] D21 Phase 1 checkpoint: redo 20 missed questions, compare with Day 1, update the error log.

Checkpoint: First full Writing set · Part 2 for 2 min without restarts

Your Daily English Pro toolkit

→ Full mocks — baseline now, then every 1–2 weeks (CBT screen, instant L/R scores).

→ Writing Checker — your write → check → rewrite loop for Task 1 and Task 2.

→ Score Calculator — turn raw L/R scores into bands after every mock.

→ Band Descriptors — the four criteria, explained for self-marking.

→ Exam Format guide · Academic vs General — settle format questions early.

Free accounts include the latest 2 packs per exam type and a small AI-credit allowance; paid plans unlock the full bank and the Pro library.

PHASE 2 / 4

Skill building: every question type

Turn the basics into reliable skills. Make Listening and Reading accurate, give Task 1 a proven structure, and make Speaking sound natural, not rehearsed.

Weekly roadmap

Tick each day when done · purple items use dailyenglishpro.com

WEEK 4 / 13 — DAYS 22—28

Reading & Listening engines

Evidence-finding · spelling · zero careless errors

- [ ] D22 Reading: 1 timed passage (20 min); sentence + summary completion; check word limits.
- [ ] D23 Listening Sections 1–2 timed; focus on spelling, numbers and plurals.
- [ ] D24 Write Task 2 (40 min). Highlight any sentence with 2+ grammar issues and rewrite it.
- [ ] D25 Run 3 rounds of a Reading Drill on your weakest question type.
- [ ] D26 Speaking Part 2: 3 cue cards, recorded; transcribe 1 min and mark vague words.
- [ ] D27 Full timed Listening + Reading test. Mark it and sort errors: spelling / paraphrase / distraction / timing.
- [ ] D28 Review day: redo 25 errors, update the log, compare scores with Day 1.

Checkpoint: L/R at Band 7 in a timed test · error causes classified

WEEK 5 / 13 — DAYS 29—35

Task 1 mastery

Overview · grouping · comparisons (GT: tone & purpose)

- [ ] D29 Pick the 3 key features of 2 charts (GT: purpose + tone of 2 letters); write one overview.
- [ ] D30 Write Task 1 in 20 min; self-score against Task Achievement in the Band Descriptors.
- [ ] D31 Learn 20 trend / comparison chunks from the 300 Writing Topic Chunks; rewrite yesterday's Task 1.
- [ ] D32 Listening Sections 3–4 timed; practise map / diagram labelling. Speaking Part 1: 10 topics, 30 sec each.
- [ ] D33 Task 1 timed again (20 min); Task 2 intro + conclusion only (10 min each).
- [ ] D34 Reading: 2 passages timed; matching headings. Record one Speaking Part 2.
- [ ] D35 Review day: rewrite the weaker Task 1, redo 15 errors, update the log.

Checkpoint: 4 Task 1 responses · an overview in every one

WEEK 6 / 13 — DAYS 36—42

Speaking fluency

Natural answers: respond → reason → example

- [ ] D36 Learn 15 topic chunks from the 300 Speaking Topic Chunks; use them in 3 recorded Part 1 answers.
- [ ] D37 Part 2: 3 cue cards, 1 min prep, 2 min speaking; replay and fix grammar and flow.
- [ ] D38 Write Task 2 (40 min). Listening Section 4 timed; note keywords before each question.
- [ ] D39 Part 3: 8 questions with evaluation and comparison; borrow phrases from the 100 Part 3 Phrases.
- [ ] D40 Reading: 1 full test (60 min); error-cause review. Shadow 5 min of audio.
- [ ] D41 Full Speaking mock (all 3 parts); score against the criteria and pick 3 fixes.
- [ ] D42 Phase 2 review: re-sit 20 missed questions, compare your Speaking with Day 3, update targets.

Checkpoint: Parts 1–3 recorded twice · 30 new chunks in use

Day 42 gates

- [ ] Timed Listening + Reading at Band 7 or above.
- [ ] Every Task 1 has an overview; every body paragraph has one clear idea.
- [ ] Speaking Part 2 reaches 2 minutes without restarts.
- [ ] Your top 5 errors no longer repeat in new writing.

Missing 2+ gates? Repeat Week 6 before moving on, or compare options in the 30- vs 90-day guide.

PHASE 3 / 4

Band 7+ range: ideas, language, stamina

Measure honestly at the midpoint, then aim your remaining time at the lowest criterion. Build ideas, vocabulary range and the stamina to hold Band 7+ for the whole test.

Weekly roadmap

Tick each day when done · purple items use dailyenglishpro.com

WEEK 7 / 13 — DAYS 43—49

Midpoint mock & reset

Honest measurement · re-ranked priorities

- [ ] D43 Sit a full CBT mock test (L + R) timed; compute bands with the Score Calculator.
- [ ] D44 Writing set: Task 1 + Task 2 in 60 min; run both through the Writing Checker.
- [ ] D45 Full Speaking mock; compare with Day 41 and Day 3.
- [ ] D46 Gap analysis: list your lowest 3 criteria across all skills; plan the next 4 weeks.
- [ ] D47 Targeted drill on the lowest criterion: 40 min practice + 20 min review.
- [ ] D48 Rewrite the weakest mock Task 2 at a higher level; compare it with the first version.
- [ ] D49 Review day: redo 25 mock errors; update the log and weekly targets.

Checkpoint: Full mock completed · lowest 3 criteria identified

WEEK 8 / 13 — DAYS 50—56

Argument & idea development

Task Response · convincing, not just correct

- [ ] D50 Opinion essay (40 min); check that every part of the prompt is answered directly.
- [ ] D51 Idea bank: 3 ideas + examples for each of 5 common topics. Listening Section 3 timed.
- [ ] D52 Discussion + opinion essay; limit each body paragraph to one idea.
- [ ] D53 Speaking Part 3: 8 abstract questions with a view, a reason and a contrasting view.
- [ ] D54 Problem–solution essay (40 min). Reading: 2 timed passages.
- [ ] D55 Rewrite the weakest essay; run both versions through the Writing Checker and compare band estimates.
- [ ] D56 Review day: update model paragraphs, redo 20 L/R errors, record one Part 2 answer.

Checkpoint: 4 Task 2 essays across different question types

WEEK 9 / 13 — DAYS 57—63

Vocabulary & grammar range

Lexical Resource & Grammatical Range

- [ ] D57 Take the Vocabulary Test to check your level; pick 20 gaps to fix.
- [ ] D58 Write 2 body paragraphs using 8 learned chunks; edit for articles, agreement and tense.
- [ ] D59 Re-record 5 old Speaking answers with better chunks and more sentence variety.
- [ ] D60 Task 1 timed, then rewrite it with 5 comparison structures. Reading: matching features.
- [ ] D61 Task 2 (40 min) with 3 complex structures: conditional, relative clause, concession.
- [ ] D62 Back-to-back Listening Drill and Reading Drill; log every error cause.
- [ ] D63 Review day: rewrite one essay applying every edit; redo 20 errors; update targets.

Checkpoint: 40 chunks used in writing · complex sentences mostly accurate

WEEK 10 / 13 — DAYS 64—70

Timing, stamina & consistency

Hold Band 7+ for the whole test

- [ ] D64 Writing set: Task 1 (20 min) + Task 2 (40 min), strictly timed; proofread for 5 min.
- [ ] D65 Reading: 1 full test (60 min); note the time spent per passage and where you overran.
- [ ] D66 Full Listening test; check answers against the transcript; fix spelling patterns.
- [ ] D67 Full Speaking mock on Speaking practice; use AI feedback on fluency and coherence if you have credits.
- [ ] D68 Writing set #2 (60 min); score against all 4 criteria and compare with Day 44.
- [ ] D69 Full L + R mock under exam conditions; compare with Day 43.
- [ ] D70 Phase 3 review: compare scores since Day 1; rewrite your weakest paragraph; reset priorities.

Checkpoint: 2 full timed Writing sets · full L + R at target pace

PHASE 4 / 4

Exam simulation & test-day readiness

Rehearse the real thing: CBT screen, timings and stamina. Fix what is left, protect your energy, and arrive on test day with a routine you trust.

Weekly roadmap

Tick each day when done · purple items use dailyenglishpro.com

WEEK 11 / 13 — DAYS 71—77

Test-day rehearsal

CBT readiness · pacing

- [ ] D71 Read the Computer vs Paper guide; confirm your format and test date.
- [ ] D72 Sit a full CBT Recent Actual Test: Listening + Reading in real timings.
- [ ] D73 Mark and convert scores; sort errors by cause: spelling, paraphrase, distraction, timing.
- [ ] D74 Type Task 1 + Task 2 in 60 min on screen; practise word-count discipline and proofreading.
- [ ] D75 Speaking full mock; practise Part 2 with unfamiliar cue cards.
- [ ] D76 Targeted repair: 25 questions from your weakest types; rewrite the weakest response.
- [ ] D77 Review day: update the error log, short Speaking warm-up, plan Week 12.

Checkpoint: 2 CBT-format mocks · timing plan memorised

WEEK 12 / 13 — DAYS 78—84

Final mocks & precision

Full mocks · polish, don't add

- [ ] D78 Full mock #1: Listening + Reading, timed. Mark it within the hour.
- [ ] D79 Writing set: Task 1 + Task 2 in 60 min; check in the Writing Checker and fix the top 3 flags.
- [ ] D80 Speaking full mock; record, score against the criteria, pick 3 fixes.
- [ ] D81 Error repair day: redo every error from the last 2 weeks; update the log.
- [ ] D82 Full mock #2: all four skills in separate timed sessions.
- [ ] D83 Compare mock #1 vs #2; close the last gaps; jot short model-answer notes.
- [ ] D84 Review day: re-sit 25 questions, rewrite one Task 2, short Speaking warm-up.

Checkpoint: 2 full mocks · scores within 0.5 band of target

WEEK 13 / 13 — DAYS 85—90

Taper & test-day plan

Consolidation · calm routines

- [ ] D85 Light writing: 1 Task 2 plan + 1 Task 1 overview; no new essays.
- [ ] D86 Re-read the Exam Format guide for timing; review your error log; 20 Listening + 20 Reading questions.
- [ ] D87 Speaking warm-up: 3 Part 2 cue cards; record one and check clarity.
- [ ] D88 Short Writing check: edit one old essay for errors; review your spelling list.
- [ ] D89 Light 30-min review of strategies; confirm ID, venue, travel and start time.
- [ ] D90 Exam eve: no new practice; pack, wind down and sleep early.

Checkpoint: Logistics confirmed · error log reviewed · sleep schedule set

Score tracker & test-day checklist

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

Mock	L	R	W	S	Overall
Baseline (Day 01)	___	___	___	___	___
Midpoint (Day 43)	___	___	___	___	___
Rehearsal (Day 72)	___	___	___	___	___
Final (Day 82)	___	___	___	___	___

Test-day checklist

- [ ] ID and booking confirmation packed.
- [ ] Route, arrival time and backup plan set.
- [ ] Sleep schedule fixed from Day 85.
- [ ] No new materials after Day 88.

Band 7.5 is a target, not a guarantee. General Training candidates should practise letters instead of Academic charts, maps and processes. Use your institution's required skill scores as the final benchmark.