

Your 30-day practice checklist

One target. Ten minutes. One recording, one correction, one repeat.

Start date: _____ My one practice target: _____

DAILY LOOP

2 min reset / 3 min target drill / 3 min record / 2 min listen and repeat

On day 1, record your baseline before warming up. Keep the original take.

Tick a day after practice. If you miss a day, continue with the next session.

DAYS 1-15

- ☐ **01** Record your baseline
- ☐ **02** Practice word endings
- ☐ **03** Over-enunciate, then speak naturally
- ☐ **04** Use comfortable jaw and lip movement
- ☐ **05** Pause between complete thoughts
- ☐ **06** Explain a familiar topic
- ☐ **07** Checkpoint: repeat the baseline
- ☐ **08** Pause after each sentence
- ☐ **09** Try a slight slowdown
- ☐ **10** Keep the final three words audible
- ☐ **11** Use one idea per sentence
- ☐ **12** Return to your usual pace
- ☐ **13** Rehearse a phone call
- ☐ **14** Checkpoint: repeat the baseline
- ☐ **15** Give a project update

DAYS 16-30

- ☐ **16** Answer an interview question
- ☐ **17** Lead with a recommendation
- ☐ **18** State a disagreement clearly
- ☐ **19** Explain without jargon
- ☐ **20** Tell a short personal story
- ☐ **21** Checkpoint: repeat the baseline
- ☐ **22** Answer an unexpected prompt
- ☐ **23** Try a shorter time limit
- ☐ **24** Recover an interrupted thought
- ☐ **25** Answer a follow-up question
- ☐ **26** Practice in your usual setting
- ☐ **27** Rehearse a real upcoming conversation
- ☐ **28** Record before warming up
- ☐ **29** Revisit your clearest prompt
- ☐ **30** Final checkpoint and comparison

Save baseline recordings on days 1, 7, 14, 21 and 30. Use page 2 to compare them.

Listen, compare, choose one fix

Use the same prompt and similar recording conditions at every checkpoint.

BASELINE PROMPT

"Explain what you do, what you are working on, or what you want to improve in 60 seconds." Keep the prompt unchanged for your weekly comparisons.

Mark Y or N after listening once. These notes are not a validated score.

Listening check	Day 1	Day 7	Day 14	Day 21	Day 30
Could I understand every sentence on one listen?					
Did the final words stay audible?					
Did I keep a steady pace without sudden acceleration?					
Did I finish the point without an unnecessary restart?					
Could I name one specific correction for the next take?					

ONE-TAKE REVIEW / REUSE THESE QUESTIONS IN YOUR NOTES

One moment I want to change (word, sentence or timestamp):

One correction for my next take:

What sounded clearer when I repeated the same answer:

Day 30: the situation that still needs practice, and my next step:

No fixed result is promised. See the full guide for when to seek qualified clinical help.