## Printable English Practice Table

Day	Practice Task	Time Needed	Notes
Monday	Watch an English video	15 min	Use English subtitles
Гuesday	Practice vocabulary flashcards	10–15 min	Review 10 new words
Wednesday	Speak with a study buddy	20 min	Use a conversation starter
Thursday	Read a short story in English	15 min	Highlight new words
Friday	Write 3–5 sentences about your day	10 min	Focus on past tense
Saturday	Review grammar or take a quiz	20 min	Use the Free Resources
Sunday	Take a break or review lightly	5–10 min	Reflect on your progress