



DIGITAL NUTRIENTS

The 30-Day Vocabulary Growth Curriculum

A practical A2-to-B2 workbook for adult English learners

YOUR 30-DAY TARGET

Build active control of 120 high-use words, useful phrases, and word families through speaking, writing, and spaced review.

Student Workbook

For multilingual adult learners building practical English for daily life, work, study, health, and conversation

How to Use This Curriculum

A 35-45 minute daily routine designed for active vocabulary, not passive recognition.

The honest target

Thirty days will not make every new word permanent. A realistic goal is to actively use many of these 120 anchor words and recognize the rest. Repeated use after Day 30 is what makes the vocabulary durable.

Daily learning cycle

Step	What to do
1. Recall - 5 minutes	Test yesterday's words before looking at the page.
2. Notice - 5 minutes	Read today's five words, meanings, and examples.
3. Connect - 5 minutes	Practice the phrase builder and connect each word to your life.
4. Produce - 15-20 minutes	Complete the speaking and writing tasks.
5. Check - 5 minutes	Mark confidence and identify words that need another review.

Best evidence of learning

A word is becoming active when you can explain it simply, combine it with natural phrases, and use it in a new sentence without copying the example.

Why Random Word Lists Fail

The missing step is not exposure. It is retrieval and production.

- Recognizing a word while reading is easier than recalling it during conversation.
- A translation can help at first, but it does not teach grammar, collocations, tone, or context.
- Learning twenty words once is usually weaker than learning five words and using them six different ways.
- Advanced-looking vocabulary is not useful when the learner cannot pronounce it, combine it naturally, or retrieve it quickly.

The Digital Nutrients vocabulary rule

Learn words in a usable package

WORD + SIMPLE MEANING + COMMON PHRASE + PERSONAL EXAMPLE + LATER REVIEW

Spaced review schedule

When	Review action
Same day	Use the word aloud and in writing.
Next day	Recall before checking.
3 days later	Use it in a new topic.
7 days later	Use it during the weekly review.
14+ days later	Mix it with words from another week.

Starting Vocabulary Audit

This is a direction tool, not an official CEFR test.

Do not study first

For each word below, mark R if you recognize it, M if you can explain its meaning, and U if you can use it in a new sentence. The U column matters most.

#	Word	R	M	U
1	routine	☐	☐	☐
2	reliable	☐	☐	☐
3	relieved	☐	☐	☐
4	eventually	☐	☐	☐
5	deadline	☐	☐	☐
6	clarify	☐	☐	☐
7	feedback	☐	☐	☐
8	afford	☐	☐	☐
9	perspective	☐	☐	☐
10	influence	☐	☐	☐
11	approach	☐	☐	☐
12	consequence	☐	☐	☐
13	recover	☐	☐	☐
14	qualify	☐	☐	☐
15	adapt	☐	☐	☐
16	therefore	☐	☐	☐
17	require	☐	☐	☐
18	significant	☐	☐	☐
19	confidence	☐	☐	☐
20	contribute	☐	☐	☐

Record your baseline

Recognition: ____ / 20 Meaning: ____ / 20 Independent use: ____ / 20

Record a 60-second answer: "How do I currently learn English vocabulary?" Save it for Day 30.

30-Day Roadmap

Four learning weeks, four review days, and two final performance days.

Section	Days	Vocabulary focus	Performance result
Week 1 - Foundations	Days 1-7	Learning system, daily life, places, people, feelings, and time	Use five new words in short personal answers.
Week 2 - Functional English	Days 8-14	Work, communication, learning, technology, money, travel, and services	Handle practical situations with clearer vocabulary.
Week 3 - Thinking Language	Days 15-21	Opinions, causes, solutions, comparison, decisions, and wellness	Explain reasons, effects, options, and solutions.
Week 4 - B1-to-B2 Upgrade	Days 22-28	Workforce vocabulary, change, connectors, precise verbs, adjectives, word families	Organize and strengthen longer answers.
Final Performance	Days 29-30	Integrated speaking, writing, final audit, and next plan	Use vocabulary across topics without a word list.

Level adjustment

A2 learners: use three target words and shorter sentences. B1 learners: use four or five words with reasons and examples. B2 learners: use the words while comparing, qualifying, or defending ideas.

Progress Tracker: Days 1-15

Consistency matters more than a perfect daily score.

Day	Done	Words used aloud	Confidence 1-5	One word to review again
1	☐	_____	_____	_____ _____
2	☐	_____	_____	_____ _____
3	☐	_____	_____	_____ _____
4	☐	_____	_____	_____ _____
5	☐	_____	_____	_____ _____
6	☐	_____	_____	_____ _____
7	☐	_____	_____	_____ _____
8	☐	_____	_____	_____ _____
9	☐	_____	_____	_____ _____
10	☐	_____	_____	_____ _____
11	☐	_____	_____	_____ _____
12	☐	_____	_____	_____ _____
13	☐	_____	_____	_____ _____
14	☐	_____	_____	_____ _____
15	☐	_____	_____	_____ _____

Weekly honesty check

Did I use the words without copying? Did I pronounce them clearly enough to be understood? Which words do I recognize but still fail to recall?

Progress Tracker: Days 16-30

Consistency matters more than a perfect daily score.

Day	Done	Words used aloud	Confidence 1-5	One word to review again
16	☐	_____	_____	_____ _____
17	☐	_____	_____	_____ _____
18	☐	_____	_____	_____ _____
19	☐	_____	_____	_____ _____
20	☐	_____	_____	_____ _____
21	☐	_____	_____	_____ _____
22	☐	_____	_____	_____ _____
23	☐	_____	_____	_____ _____
24	☐	_____	_____	_____ _____
25	☐	_____	_____	_____ _____
26	☐	_____	_____	_____ _____
27	☐	_____	_____	_____ _____
28	☐	_____	_____	_____ _____
29	☐	_____	_____	_____ _____
30	☐	_____	_____	_____ _____

Weekly honesty check

Did I use the words without copying? Did I pronounce them clearly enough to be understood? Which words do I recognize but still fail to recall?

DAY 1**Build a Vocabulary System****Approximate level: A2-B1**

Learn five words that describe how strong vocabulary learning works.

Five anchor words

Word	Learner-friendly meaning	Example in context
meaning	the idea that a word communicates	I check the meaning before I use a new word.
context	the words or situation around a word	The context helped me understand what "charge" meant.
example	something that shows an idea clearly	I wrote a personal example for every new word.
review	to study something again	I review yesterday's words before learning new ones.
recall	to bring information back from memory	I closed the book and tried to recall the five words.

Phrase builder: check the meaning | learn from context | recall from memory**SPEAK**

Explain how you normally learn new words. Use meaning, context, and review.

WRITE

Write 5-6 sentences describing a better vocabulary routine for yourself.

RETRIEVE

Cover the table. Define all five words aloud, then check your answers.

STRETCH

Use recall as both a noun and a verb in two different sentences.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 2**Daily Routines and Time****Approximate level: A2**

Describe everyday life with clearer nouns and verbs.

Five anchor words

Word	Learner-friendly meaning	Example in context
routine	the usual things you do regularly	My morning routine begins with water and a short walk.
schedule	a plan that shows when activities happen	I added English practice to my weekly schedule.
habit	something you do often, sometimes without thinking	Reading before bed is a useful habit.
prepare	to get ready for something	I prepare my clothes and lunch the night before.
manage	to control or organize something successfully	I am learning to manage my time better.

Phrase builder: daily routine | busy schedule | manage your time**SPEAK**

Describe a normal weekday from morning to night. Use at least three target words.

WRITE

Write six sentences about one habit you want to build or change.

RETRIEVE

Say one real example from your life for each word without reading.

STRETCH

Compare routine and habit. Explain how they are similar and different.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 3**Home and Community****Approximate level: A2-B1**

Describe places with useful location and atmosphere words.

Five anchor words

Word	Learner-friendly meaning	Example in context
neighborhood	the area around where someone lives	My neighborhood has several small stores and a park.
nearby	not far away	There is a pharmacy nearby.
convenient	easy to use or reach	The bus stop is convenient because it is beside my building.
crowded	full of many people	The market becomes crowded on Saturday afternoon.
peaceful	quiet and calm	The park is peaceful early in the morning.

Phrase builder: quiet neighborhood | nearby services | a convenient location**SPEAK**

Describe your neighborhood and say what is convenient or inconvenient about it.

WRITE

Write a short recommendation for someone thinking about living in your area.

RETRIEVE

Name five places near your home and describe each with a target word.

STRETCH

Use crowded and peaceful in one comparison sentence.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 4**People and Personal Qualities****Approximate level: A2-B1**

Describe character more precisely than only saying good or nice.

Five anchor words

Word	Learner-friendly meaning	Example in context
reliable	someone or something you can trust	My coworker is reliable and always finishes her work.
patient	able to stay calm while waiting or helping	A patient teacher gives learners time to answer.
curious	wanting to learn or know more	Curious students ask useful questions.
generous	willing to give time, help, or things	He was generous with his advice.
confident	feeling sure about your ability	She sounds more confident after regular speaking practice.

Phrase builder: a reliable person | patient with beginners | feel more confident**SPEAK**

Describe someone you respect. Explain which two qualities the person has.

WRITE

Write six sentences about the qualities of a strong friend, teacher, or coworker.

RETRIEVE

Give an opposite or near-opposite for each word, even if it is a phrase.

STRETCH

Explain why confidence without patience can create problems.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 5**Feelings and Reactions****Approximate level: A2-B1**

Move beyond happy, sad, and worried when describing emotions.

Five anchor words

Word	Learner-friendly meaning	Example in context
calm	relaxed and not worried or angry	I took a slow breath and tried to remain calm.
nervous	worried or afraid about what may happen	I felt nervous before speaking in the VoiceRoom.
disappointed	unhappy because something was not as good as expected	She was disappointed by the test result.
relieved	happy because a worry or problem has ended	I felt relieved when I found my missing document.
proud	pleased about an achievement	He was proud of completing the course.

Phrase builder: remain calm | feel nervous about | proud of yourself

SPEAK Tell a short story about a time you felt nervous and then relieved.	WRITE Write one sentence for each emotion using a real or imagined situation.
RETRIEVE Act out each feeling with your voice, then say the word and a sentence.	STRETCH Explain the difference between relieved and proud.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 6**Time and Frequency****Approximate level: A2-B1**

Explain when and how often things happen with greater precision.

Five anchor words

Word	Learner-friendly meaning	Example in context
recently	not long ago	I recently started recording my English practice.
regularly	often and following a pattern	She practices pronunciation regularly.
rarely	not often	I rarely watch television during the week.
eventually	after some time or difficulty	With steady practice, he eventually spoke more freely.
temporary	lasting for only a limited time	The office is in a temporary location.
Phrase builder: recently started practice regularly a temporary problem		
SPEAK Describe one recent change and one activity you do regularly or rarely.		WRITE Write a short paragraph about a temporary difficulty that eventually improved.
RETRIEVE Place the words on an imaginary timeline and explain your choices.		STRETCH Use eventually to show a result that required patience.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 7**Week 1 Review: Personal Vocabulary****Approximate level: Mixed review**

Strengthen memory by recalling words before looking back at the lessons.

The rule for review days

Close the previous pages first. Try to remember meanings, phrases, and examples without help. Struggle is not failure; retrieval is the exercise.

1. Rapid recall

Column 1	Column 2	Column 3	Column 4
meaning Meaning: _____	context Meaning: _____	example Meaning: _____	review Meaning: _____
recall Meaning: _____	routine Meaning: _____	schedule Meaning: _____	habit Meaning: _____
prepare Meaning: _____	manage Meaning: _____	neighborhood Meaning: _____	nearby Meaning: _____
convenient Meaning: _____	crowded Meaning: _____	peaceful Meaning: _____	reliable Meaning: _____
patient Meaning: _____	curious Meaning: _____	generous Meaning: _____	confident Meaning: _____
calm Meaning: _____	nervous Meaning: _____	disappointed Meaning: _____	relieved Meaning: _____
proud Meaning: _____	recently Meaning: _____	regularly Meaning: _____	rarely Meaning: _____
eventually Meaning: _____	temporary Meaning: _____		

2. Speak and write

SPEAK Speak for 90 seconds. Describe your daily life, neighborhood, personality, feelings, and recent changes. Use at least 8 words from this week.	WRITE Write 8-10 sentences on the same topic. Underline every curriculum word you use.
RETRIEVE Choose 10 words at random. For each word, say a meaning, a phrase, or a personal example.	STRETCH Replace three basic words in your writing with more precise words from the week.
Prepare for the next section Week 2 moves from personal topics to functional English for work, technology, money, and services.	

DAY 8**Work Tasks and Responsibilities****Approximate level: A2-B1**

Talk about work, study, or personal projects with practical vocabulary.

Five anchor words

Word	Learner-friendly meaning	Example in context
deadline	the final time or date for completing something	The application deadline is October 1.
responsibility	a duty or job you are expected to handle	Updating the report is my responsibility.
prioritize	to decide what is most important and do it first	I prioritize urgent tasks in the morning.
complete	to finish something	We completed the first part of the project.
delay	to make something happen later than planned	A technical problem delayed the meeting.

Phrase builder: meet a deadline | take responsibility | prioritize tasks**SPEAK**

Explain how you handle several tasks with different deadlines.

WRITE

Write a seven-sentence plan for completing an important project.

RETRIEVE

Give one work, school, or home example for every target word.

STRETCH

Use delay once as a noun and once as a verb.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 9**Clear Communication****Approximate level: A2-B1**

Use verbs that help you manage conversations and misunderstandings.

Five anchor words

Word	Learner-friendly meaning	Example in context
explain	to make an idea clear	Please explain the first step again.
clarify	to remove confusion by giving clearer information	I asked her to clarify the deadline.
mention	to say something briefly	He mentioned a useful website during the conversation.
respond	to answer or react	She responded to my email the same day.
suggest	to offer an idea for someone to consider	I suggest practicing with shorter answers first.

Phrase builder: explain clearly | clarify a point | respond to a question**SPEAK**

Describe what you do when you do not understand someone.

WRITE

Write a polite message asking someone to explain or clarify information.

RETRIEVE

Turn each word into a polite classroom or workplace request.

STRETCH

Compare mention and explain. Which one gives more detail?

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 10**Learning and Improvement****Approximate level: A2-B1**

Discuss progress honestly, including difficulty and correction.

Five anchor words

Word	Learner-friendly meaning	Example in context
improve	to become better	My listening improved after I repeated short recordings.
practice	to do something repeatedly to build skill	Daily practice makes speaking feel more natural.
feedback	information that helps someone improve	The teacher gave specific feedback on my pronunciation.
progress	movement toward a goal	I can see progress in my longer answers.
struggle	to have difficulty doing something	I still struggle to remember words during fast conversations.

Phrase builder: make progress | use feedback | struggle with pronunciation**SPEAK**

Explain one area where you are improving and one area where you struggle.

WRITE

Write a weekly learning report with progress, feedback, and your next action.

RETRIEVE

Finish this sentence five ways: "I can improve by..."

STRETCH

Explain why practice without feedback may be slow.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 11**Technology and Digital Life****Approximate level: A2-B1**

Describe common technology needs and problems clearly.

Five anchor words

Word	Learner-friendly meaning	Example in context
device	a piece of equipment made for a purpose	I use my phone as my main learning device.
access	the ability or permission to use something	Students need internet access to join the lesson.
connect	to join or link things together	I connected the microphone to my computer.
update	to add the newest information or software	Please update the app before the meeting.
secure	safe and protected from danger or misuse	Use a secure password for your account.

Phrase builder: mobile device | internet access | a secure connection

SPEAK Describe one technology problem you had and how you solved it.	WRITE Write simple instructions for connecting or updating a device.
RETRIEVE Name a device and use all five words while discussing it.	STRETCH Use access once as a noun and once as a verb.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 12**Money and Smart Shopping****Approximate level: A2-B1**

Discuss prices and decisions without relying only on cheap or expensive.

Five anchor words

Word	Learner-friendly meaning	Example in context
afford	to have enough money for something	I cannot afford that laptop this month.
cost	the amount of money needed for something	The total cost includes delivery.
budget	a plan for how money will be used	I created a monthly budget for education and software.
compare	to examine similarities and differences	Compare the features before you buy.
value	the usefulness or quality something gives for its price	This course offers good value because it includes feedback.
Phrase builder: within my budget compare prices good value for money		
SPEAK Explain how you decide whether a purchase is worth the cost.		WRITE Compare two products or services and recommend one.
RETRIEVE Use each word in a sentence about a real purchase.		STRETCH Explain why the cheapest option may not offer the best value.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 13**Travel and Services****Approximate level: A2-B1**

Handle common travel, hotel, restaurant, or appointment situations.

Five anchor words

Word	Learner-friendly meaning	Example in context
reservation	an arrangement to keep a seat, room, or service for you	I made a hotel reservation online.
available	ready or free to be used	Is a table available at 7:00 p.m.?
cancel	to decide that a planned event will not happen	We had to cancel the trip because of the storm.
recommend	to say that something is a good choice	Can you recommend a quiet restaurant nearby?
destination	the place someone is traveling to	Our final destination is Washington, D.C.

Phrase builder: make a reservation | available today | recommend a place**SPEAK**

Role-play calling a hotel or service provider to ask about availability.

WRITE

Write a message changing or canceling a reservation politely.

RETRIEVE

Create one travel question with each target word.

STRETCH

Explain why a destination can be convenient but still disappointing.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 14**Week 2 Review: Functional English****Approximate level: Mixed review**

Strengthen memory by recalling words before looking back at the lessons.

The rule for review days

Close the previous pages first. Try to remember meanings, phrases, and examples without help. Struggle is not failure; retrieval is the exercise.

1. Rapid recall

Column 1	Column 2	Column 3	Column 4
deadline Meaning: _____	responsibility Meaning: _____	prioritize Meaning: _____	complete Meaning: _____
delay Meaning: _____	explain Meaning: _____	clarify Meaning: _____	mention Meaning: _____
respond Meaning: _____	suggest Meaning: _____	improve Meaning: _____	practice Meaning: _____
feedback Meaning: _____	progress Meaning: _____	struggle Meaning: _____	device Meaning: _____
access Meaning: _____	connect Meaning: _____	update Meaning: _____	secure Meaning: _____
afford Meaning: _____	cost Meaning: _____	budget Meaning: _____	compare Meaning: _____
value Meaning: _____	reservation Meaning: _____	available Meaning: _____	cancel Meaning: _____
recommend Meaning: _____	destination Meaning: _____		

2. Speak and write

SPEAK Speak for 90 seconds. Explain how you would plan a project, solve a technology problem, compare a purchase, and manage a reservation. Use at least 8 words from this week.	WRITE Write 8-10 sentences on the same topic. Underline every curriculum word you use.
RETRIEVE Choose 10 words at random. For each word, say a meaning, a phrase, or a personal example.	STRETCH Replace three basic words in your writing with more precise words from the week.
Prepare for the next section Week 3 develops the language of opinions, causes, choices, problems, and solutions.	

DAY 15**Opinions and Perspectives****Approximate level: B1**

State and support opinions without sounding aggressive or vague.

Five anchor words

Word	Learner-friendly meaning	Example in context
perspective	a particular way of seeing or understanding something	From a learner's perspective, short lessons are easier to repeat.
agree	to have the same opinion	I agree that practice should be consistent.
disagree	to have a different opinion	I disagree, but I understand your reason.
reasonable	fair, sensible, or based on good judgment	That is a reasonable suggestion for beginners.
convincing	able to make someone believe an idea	Her example made the argument more convincing.

Phrase builder: from my perspective | agree with an idea | a convincing reason**SPEAK**

Give your opinion on online learning and respond to one possible disagreement.

WRITE

Write an opinion paragraph with one perspective, two reasons, and an example.

RETRIEVE

Say one polite agreement phrase and one polite disagreement phrase.

STRETCH

Explain what makes an argument reasonable but not convincing.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 16**Causes, Effects, and Influence****Approximate level: B1**

Explain why something happens and what results from it.

Five anchor words

Word	Learner-friendly meaning	Example in context
cause	the reason something happens	Lack of sleep can cause poor concentration.
effect	a result produced by an action or situation	Regular reading has a positive effect on vocabulary.
influence	the power to change a person, decision, or result	Friends can influence our study habits.
lead to	to cause a particular result	Ignoring small problems can lead to larger problems.
prevent	to stop something from happening	Planning can prevent unnecessary delays.
Phrase builder: cause a problem have an effect on lead to improvement		
SPEAK Explain one cause and two effects of poor study habits.		WRITE Write a cause-and-effect paragraph about stress, sleep, technology, or learning.
RETRIEVE Build a five-link chain: one cause leads to an effect, which influences something else.		STRETCH Use prevent to propose a practical solution.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 17**Problems and Solutions****Approximate level: B1**

Describe difficulties and propose realistic ways to handle them.

Five anchor words

Word	Learner-friendly meaning	Example in context
challenge	a difficult task or situation that requires effort	Speaking without preparation is a challenge for many learners.
solve	to find an answer to a problem	We solved the connection problem by restarting the router.
avoid	to stay away from or prevent contact with something	Avoid learning too many unrelated words at once.
approach	a method or way of dealing with something	This step-by-step approach reduces confusion.
solution	an answer or method that solves a problem	Recording yourself is one solution to limited speaking practice.

Phrase builder: face a challenge | solve a problem | a practical solution

SPEAK Describe a current challenge and explain the approach you will use.	WRITE Write a problem-solution paragraph with one problem and two solutions.
RETRIEVE State a problem, then use solve, approach, and solution in your response.	STRETCH Explain when avoiding a problem is different from preventing it.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 18**Comparing Choices****Approximate level: B1**

Compare ideas using more than better and worse.

Five anchor words

Word	Learner-friendly meaning	Example in context
similar	almost the same but not exactly	The two courses are similar in length.
different	not the same	Their teaching methods are different.
advantage	a helpful or positive feature	One advantage of online learning is flexibility.
disadvantage	a harmful or less useful feature	A disadvantage is the lack of immediate feedback.
prefer	to like one choice more than another	I prefer live practice because I can ask questions.

Phrase builder: similar to | different from | a major advantage**SPEAK**

Compare learning alone with learning in a group.

WRITE

Write eight sentences comparing two apps, jobs, cities, or study methods.

RETRIEVE

Give one advantage and one disadvantage for three different choices.

STRETCH

Use although to show a preference that has a disadvantage.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 19**Decisions and Consequences****Approximate level: B1**

Discuss choices carefully and explain possible results.

Five anchor words

Word	Learner-friendly meaning	Example in context
option	one choice among several possibilities	Working from home is one option.
consider	to think carefully about something	Consider the time, cost, and quality before deciding.
decide	to choose after thinking	I decided to study for thirty minutes each morning.
consequence	a result of an action or decision	A possible consequence of rushing is making more mistakes.
risk	the possibility that something bad may happen	There is a risk of losing work if you do not save the file.

Phrase builder: consider your options | make a decision | reduce the risk

SPEAK Describe an important decision and the options you considered.	WRITE Write advice for someone deciding between two realistic choices.
RETRIEVE Create a decision tree aloud using option, risk, and consequence.	STRETCH Explain how a risk differs from a consequence.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 20**Health and Wellness
Communication****Approximate level: A2-B1**

Use general health vocabulary for practical communication without diagnosing.

Five anchor words

Word	Learner-friendly meaning	Example in context
symptom	a physical or mental change that may show illness	A persistent cough can be a symptom that should be discussed with a clinician.
appointment	an arranged time to meet a professional	I scheduled a medical appointment for Friday.
recover	to become healthy or strong again	She rested for several days to recover.
energy	the strength needed for physical or mental activity	Regular sleep gives me more energy.
balanced	including the right amounts of different things	A balanced routine includes work, movement, food, and rest.
Phrase builder: describe a symptom make an appointment a balanced routine		
SPEAK Practice describing a general symptom and asking for an appointment.		WRITE Write a wellness plan using balanced, energy, and recover.
RETRIEVE Use all five words in a short doctor-office or wellness scenario.		STRETCH Explain why more energy does not always mean someone has fully recovered.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 21**Week 3 Review: Thinking Language****Approximate level: Mixed review**

Strengthen memory by recalling words before looking back at the lessons.

The rule for review days

Close the previous pages first. Try to remember meanings, phrases, and examples without help. Struggle is not failure; retrieval is the exercise.

1. Rapid recall

Column 1	Column 2	Column 3	Column 4
perspective Meaning: _____	agree Meaning: _____	disagree Meaning: _____	reasonable Meaning: _____
convincing Meaning: _____	cause Meaning: _____	effect Meaning: _____	influence Meaning: _____
lead to Meaning: _____	prevent Meaning: _____	challenge Meaning: _____	solve Meaning: _____
avoid Meaning: _____	approach Meaning: _____	solution Meaning: _____	similar Meaning: _____
different Meaning: _____	advantage Meaning: _____	disadvantage Meaning: _____	prefer Meaning: _____
option Meaning: _____	consider Meaning: _____	decide Meaning: _____	consequence Meaning: _____
risk Meaning: _____	symptom Meaning: _____	appointment Meaning: _____	recover Meaning: _____
energy Meaning: _____	balanced Meaning: _____		

2. Speak and write

SPEAK Speak for 90 seconds. Discuss a difficult decision or community challenge. Include causes, effects, options, risks, advantages, and solutions. Use at least 8 words from this week.	WRITE Write 8-10 sentences on the same topic. Underline every curriculum word you use.
RETRIEVE Choose 10 words at random. For each word, say a meaning, a phrase, or a personal example.	STRETCH Replace three basic words in your writing with more precise words from the week.
Prepare for the next section Week 4 strengthens B1-to-B2 behavior with professional vocabulary, connectors, precision verbs, and word families.	

DAY 22**Education and Workforce Growth****Approximate level: B1-B2**

Talk about skills, qualifications, and professional goals precisely.

Five anchor words

Word	Learner-friendly meaning	Example in context
qualify	to have the required skills, knowledge, or conditions	The certificate may help her qualify for an interview.
experience	knowledge or skill gained by doing something	Volunteer work gave him useful experience.
skill	an ability developed through learning and practice	Clear communication is an important workplace skill.
opportunity	a situation that makes progress possible	The internship is an opportunity to learn from professionals.
achieve	to successfully reach a goal	She achieved her goal through steady practice.
Phrase builder: qualify for a position gain experience achieve a goal		
SPEAK Describe one career or education goal and the skills needed to reach it.		WRITE Write a professional growth plan with experience, opportunity, and achieve.
RETRIEVE Explain the relationship among qualifications, skills, and experience.		STRETCH Use opportunity in a sentence that also includes a possible risk.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 23**Change, Growth, and Maintenance****Approximate level: B1-B2**

Describe progress as a process, not a single event.

Five anchor words

Word	Learner-friendly meaning	Example in context
adapt	to change so that you can succeed in a new situation	Learners must adapt their study plan when their schedule changes.
develop	to grow or improve over time	She developed stronger listening skills.
increase	to become or make something larger in amount	I want to increase my active vocabulary.
reduce	to make something smaller or less	Planning helps reduce stress.
maintain	to keep something at the same level or in good condition	It is difficult to maintain progress without review.

Phrase builder: adapt to change | develop a skill | maintain progress

SPEAK Explain one change you adapted to and what you learned from it.	WRITE Write a plan to increase one positive habit and reduce one negative habit.
RETRIEVE Create a process using all five verbs in a logical order.	STRETCH Explain why increasing effort is not enough if you cannot maintain it.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 24**Connectors for Organized Speech****Approximate level: B1-B2**

Connect ideas so that listeners can follow your reasoning.

Five anchor words

Word	Learner-friendly meaning	Example in context
however	used to introduce a contrast	The plan is useful; however, it requires daily effort.
although	used to show an unexpected contrast	Although I was nervous, I answered the question.
therefore	used to introduce a logical result	The deadline changed; therefore, we updated the schedule.
in addition	used to add another point	The course teaches grammar. In addition, it includes speaking practice.
for example	used to introduce a specific example	Some habits improve memory; for example, reviewing before sleep can help.

Phrase builder: however, ... | although + clause | therefore, ...**SPEAK**

Give an opinion with a reason, contrast, additional point, result, and example.

WRITE

Write one organized paragraph using all five connectors correctly.

RETRIEVE

Say the function of each connector: contrast, result, addition, or example.

STRETCH

Rewrite one idea using however, and then rewrite it using although.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 25**Precision Verbs for Stronger Explanations****Approximate level: B1-B2**

Replace vague verbs such as do, make, and help with clearer choices.

Five anchor words

Word	Learner-friendly meaning	Example in context
affect	to cause a change in someone or something	Stress can affect concentration.
require	to need something because it is necessary	The job requires clear written communication.
provide	to give something that is needed or useful	The guide provides examples and practice tasks.
support	to give help, evidence, or strength	Use examples to support your opinion.
contribute	to help cause or create a result	Regular review contributes to long-term memory.
Phrase builder: affect performance require attention support an argument		
SPEAK Explain what contributes to successful language learning.		WRITE Upgrade five basic sentences by replacing do, make, give, or help with target verbs.
RETRIEVE Create one cause-and-effect sentence for each verb.		STRETCH Explain the difference between support a person and support an argument.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 26**Strong Adjectives for Evaluation****Approximate level: B1-B2**

Evaluate ideas, tools, and plans with more specific adjectives.

Five anchor words

Word	Learner-friendly meaning	Example in context
effective	producing the intended result	Spaced review is an effective memory strategy.
practical	useful and realistic in everyday life	The lesson gives practical phrases for work.
significant	important or large enough to be noticed	She made significant progress in three months.
essential	completely necessary	Regular use is essential for active vocabulary.
flexible	able to change or adapt easily	A flexible schedule helps busy adult learners.

Phrase builder: an effective method | a practical solution | essential for success**SPEAK**

Evaluate one study method. Is it practical, effective, flexible, or essential?

WRITE

Write a short review of a course, app, or learning routine using all five adjectives.

RETRIEVE

Rank the adjectives from useful to strongest and defend your ranking.

STRETCH

Explain why a practical method may not always be effective.

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 27**Word Families: Learn One, Gain Several****Approximate level: B1-B2**

Expand vocabulary by changing a base word into related nouns, verbs, and adjectives.

Five anchor words

Word	Learner-friendly meaning	Example in context
success family	succeed (verb), success (noun), successful (adjective)	A successful learner succeeds by following a realistic plan.
decision family	decide (verb), decision (noun), decisive (adjective), decisively (adverb)	She made a decision after comparing the options, then acted decisively.
improvement family	improve (verb), improvement (noun), improved (adjective)	The improved routine led to a clear improvement.
communication family	communicate (verb), communication (noun), communicative (adjective)	Communicative practice improves real communication.
confidence family	confidence (noun), confident (adjective), confidently (adverb)	Practice gave him the confidence to speak confidently.
Phrase builder: achieve success make a decision show improvement		
SPEAK Choose two families and use at least three forms from each.	WRITE Write five pairs of sentences. Change the word form but keep the main idea.	
RETRIEVE Cover the table and rebuild each family from memory.	STRETCH Notice that word families can change spelling and meaning. Check each form before using it.	

Quick check: [] I used at least 3 words aloud. [] I wrote at least 4 words. Confidence: 1 2 3 4 5

DAY 28**Week 4 Review: B1-to-B2 Upgrade****Approximate level: Mixed review**

Strengthen memory by recalling words before looking back at the lessons.

The rule for review days

Close the previous pages first. Try to remember meanings, phrases, and examples without help. Struggle is not failure; retrieval is the exercise.

1. Rapid recall

Column 1	Column 2	Column 3	Column 4
qualify Meaning: _____	experience Meaning: _____	skill Meaning: _____	opportunity Meaning: _____
achieve Meaning: _____	adapt Meaning: _____	develop Meaning: _____	increase Meaning: _____
reduce Meaning: _____	maintain Meaning: _____	however Meaning: _____	although Meaning: _____
therefore Meaning: _____	in addition Meaning: _____	for example Meaning: _____	affect Meaning: _____
require Meaning: _____	provide Meaning: _____	support Meaning: _____	contribute Meaning: _____
effective Meaning: _____	practical Meaning: _____	significant Meaning: _____	essential Meaning: _____
flexible Meaning: _____	success family Meaning: _____	decision family Meaning: _____	improvement family Meaning: _____
communication family Meaning: _____	confidence family Meaning: _____		

2. Speak and write

SPEAK Speak for 90 seconds. Explain what makes a learning or career plan effective. Use connectors and precise verbs to support your evaluation. Use at least 8 words from this week.	WRITE Write 8-10 sentences on the same topic. Underline every curriculum word you use.
RETRIEVE Choose 10 words at random. For each word, say a meaning, a phrase, or a personal example.	STRETCH Replace three basic words in your writing with more precise words from the week.

Prepare for the next section

Days 29 and 30 test whether the vocabulary transfers into independent speaking and writing.

DAY 29**Integrated Vocabulary Challenge****Approximate level: B1-B2 performance**

Use words across themes instead of practicing one list at a time.

Choose one challenge topic

1) A change that improved your life or work 2) The best way to learn a language 3) A difficult decision and its consequences 4) A community problem and a practical solution

Step 1 - Select your words

Choose 20 words from the curriculum. Include at least four words from each week. Write them here:

SPEAK

Speak for 2 minutes. Use at least 12 selected words and at least three connectors. Record yourself.

WRITE

Write 10-12 sentences. Use at least 12 selected words. Underline them and check word forms.

RETRIEVE

Listen to the recording. List every word you used correctly without looking at the list.

STRETCH

Repeat the recording. Improve organization, pronunciation, and word choice instead of only speaking faster.

Performance note

Do not force every word into the answer. Natural and correct use is stronger than a high word count.

DAY 30**Final Assessment and Next Plan****Approximate level: Self-assessment**

Compare your current independent use with your Day 1 baseline.

Part A - Repeat the 20-word audit

#	Word	R	M	U
1	routine	☐	☐	☐
2	reliable	☐	☐	☐
3	relieved	☐	☐	☐
4	eventually	☐	☐	☐
5	deadline	☐	☐	☐
6	clarify	☐	☐	☐
7	feedback	☐	☐	☐
8	afford	☐	☐	☐
9	perspective	☐	☐	☐
10	influence	☐	☐	☐
11	approach	☐	☐	☐
12	consequence	☐	☐	☐
13	recover	☐	☐	☐
14	qualify	☐	☐	☐
15	adapt	☐	☐	☐
16	therefore	☐	☐	☐
17	require	☐	☐	☐
18	significant	☐	☐	☐
19	confidence	☐	☐	☐
20	contribute	☐	☐	☐

Part B - Repeat your Day 1 recording prompt

- Record a 90-second answer: "How do I learn vocabulary now, and what has changed?"
- Use at least 10 curriculum words and three connectors.
- Compare your Day 1 and Day 30 recordings for length, pauses, precision, and confidence.

Final scores

Recognition: ____ / 20 Meaning: ____ / 20 Independent use: ____ / 20

Words I will carry into my next 30 days: _____

Master Vocabulary Log

Use this page for curriculum words that still need extra attention.

Word	Simple meaning	Common phrase	My sentence	Review date

Master Vocabulary Log - Continued

Word	Simple meaning	Common phrase	My sentence	Review date

Personal Word Bank

The curriculum gives structure, but your personal life determines which words matter most.

Add words from your real conversations

Choose words you repeatedly need for your work, family, studies, health, hobbies, community, and goals. Avoid collecting rare words only because they look advanced.

My work or studies

Word: _____ Phrase: _____ My example: _____

Word: _____ Phrase: _____ My example: _____

My home and community

Word: _____ Phrase: _____ My example: _____

Word: _____ Phrase: _____ My example: _____

My health and routines

Word: _____ Phrase: _____ My example: _____

Word: _____ Phrase: _____ My example: _____

My opinions and interests

Word: _____ Phrase: _____ My example: _____

Word: _____ Phrase: _____ My example: _____

My repeated communication problems

Word: _____ Phrase: _____ My example: _____

Word: _____ Phrase: _____ My example: _____

Selection rule

Keep a word when you have needed it more than once, heard it repeatedly, or expect to use it soon. A personal word is usually more valuable than a random difficult word.

Final Speaking Rubric

Score each category from 0 to 3 after listening to your Day 30 recording.

Category	0	1	2	3
Vocabulary control	0: mostly basic or incorrect words	1: some target words, frequent hesitation	2: several correct words and phrases	3: varied, natural, and precise use
Organization	0: ideas are disconnected	1: basic sequence but unclear links	2: reasons/examples are connected	3: clear structure with effective connectors
Retrieval and fluency	0: cannot continue	1: long pauses block meaning	2: pauses occur but message continues	3: vocabulary is retrieved with manageable pauses
Pronunciation	0: often not understandable	1: repeated word-level difficulty	2: mostly understandable	3: target words are consistently clear

Score interpretation

0-4: rebuild the routine | 5-8: developing active control | 9-10: solid progress | 11-12: strong transfer into speaking

Final Writing Rubric

Use the rubric after your Day 29 or Day 30 paragraph.

Category	0	1	2	3
Word use	Target words are missing or mostly incorrect.	Some correct words, but several are forced or repeated.	At least 8 words are correct and relevant.	10+ words are precise, varied, and natural.
Word forms	Frequent noun/verb/adjective errors.	Some correct forms with repeated errors.	Most word forms are correct.	Word families are controlled accurately.
Collocations	Words are combined unnaturally.	A few useful phrases appear.	Several common phrases are correct.	Phrases and connectors sound natural.
Organization	No clear main idea or support.	Main idea is present but weakly supported.	Clear reasons and examples.	Well-developed, cohesive paragraph.

My strongest vocabulary improvement:

My next vocabulary problem to solve:

Your Next 30 Days

Do not start another random list. Continue from evidence.

Evidence from Day 30	Best next action
If recall is weak	Reduce new words to three per day. Increase closed-book retrieval and weekly recycling.
If meanings are clear but speech is slow	Practice 60-second answers using the same words across several topics.
If collocations are weak	Record phrases, not isolated words. Notice which prepositions and nouns commonly follow each word.
If writing is stronger than speaking	Use your written paragraph as preparation, then speak without reading it.
If pronunciation blocks confidence	Mark word stress, listen to a reliable dictionary model, and repeat the word inside a full phrase.
Final reminder A larger vocabulary is not a collection. It is a working system of words you can retrieve, combine, pronounce, and adapt to new situations.	

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