Day 1: Introduce yourself

Listen. Repeat. Recall. Make it yours.

我叫…，我住在…。

Wǒ jiào…, wǒ zhù zài….

My name is…; I live in….

YOUR SPEAKING TASK

Say your name and where you live. Add one true detail about your work or interests. Keep it to three short sentences.

CHANGE ONE DETAIL

Change the place to somewhere you used to live, then say the original version again without looking.

RETRIEVE BEFORE READING

Record your first attempt. Keep it as your starting point for day seven.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____

Day 2: Ask for what you want

Listen. Repeat. Recall. Make it yours.

我想要一杯茶，謝謝。

Wǒ xiǎng yào yì bēi chá, xièxie.

I would like a cup of tea, thank you.

YOUR SPEAKING TASK

Order a drink aloud. Choose the drink, size and whether you want ice. Use only details you know how to say; add one new phrase at a time.

CHANGE ONE DETAIL

Replace tea with coffee: 咖啡 (kāfēi). Then order two cups with 兩杯 (liǎng bēi).

RETRIEVE BEFORE READING

Before adding new words, recall yesterday's introduction without reading it.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____

Day 3: Explain a preference

Listen. Repeat. Recall. Make it yours.

我比較喜歡…，因為…。

Wǒ bǐjiào xǐhuān…, yīnwèi….

I prefer… because….

YOUR SPEAKING TASK

Compare two foods, places or activities. Give one preference and one simple reason. Aim for a complete thought rather than a long answer.

CHANGE ONE DETAIL

Choose a different pair. Keep the sentence frame and swap only the nouns and reason.

RETRIEVE BEFORE READING

Say your introduction and order a drink before looking at either model.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____

Day 4: Describe your day

Listen. Repeat. Recall. Make it yours.

今天我先...，然後...。

Jīntiān wǒ xiān…, ránhòu….

Today I first… and then….

YOUR SPEAKING TASK

Describe two things you did or plan to do today. Use familiar verbs so you can focus on word order and rhythm.

CHANGE ONE DETAIL

Replace 今天 (jīntiān, today) with 明天 (míngtiān, tomorrow) and describe a real plan.

RETRIEVE BEFORE READING

Repeat yesterday's preference with a different reason.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____

Day 5: Keep a conversation going

Listen. Repeat. Recall. Make it yours.

你可以再說一次嗎？

Nǐ kěyǐ zài shuō yí cì ma?

Could you say that again?

YOUR SPEAKING TASK

Say this request naturally, then practise asking someone to slow down: 請說慢一點 (Qǐng shuō màn yìdiǎn). Pause as though another person is answering.

CHANGE ONE DETAIL

Add a repair phrase: 我的意思是… (Wǒ de yìsi shì…, What I mean is…). Restate one earlier answer using easier words.

RETRIEVE BEFORE READING

Retell your day from memory. When you get stuck, use a repair phrase and continue.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____

Day 6: Say what matters to you

Listen. Repeat. Recall. Make it yours.

對我來說，...很重要。

Duì wǒ láishuō,… hěn zhòngyào.

For me,… is important.

YOUR SPEAKING TASK

Choose one thing you value: family, learning, health, time or creative work. Say why it matters using 因為 (yīnwèi, because). Use a word from your current deck.

CHANGE ONE DETAIL

Name a second priority and explain how the two fit together. Make the answer personal without adding too many new words.

RETRIEVE BEFORE READING

Answer the preference prompt again. Check whether you can now give your reason with fewer pauses.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____

Day 7: Use your words in a short conversation

Listen. Repeat. Recall. Make it yours.

我最近在學中文。你呢？

Wǒ zuìjìn zài xué Zhōngwén. Nǐ ne?

I've been learning Chinese lately. How about you?

YOUR SPEAKING TASK

Record a 30-60 second response about yourself, your day and something you enjoy. Use three target words. End with one question you could ask another person.

CHANGE ONE DETAIL

Try again without the script. Compare with day one: notice pauses, missing words and how much you can say comfortably.

RETRIEVE BEFORE READING

Choose three difficult words for next week. Reuse this plan with new personal details rather than starting from zero.

MY WORDS AND PERSONAL ANSWER

15-MINUTE CHECKLIST

- [ ] 3 min review / 4 min echo / 3 min shadow
- [ ] 3 min personal answer / 2 min record and compare

One thing to improve next time: _____