

Free 30-Day IELTS Study Plan

Printable Workbook

A practical four-week routine for Reading, Listening, Writing and Speaking practice.

My target test date:	_____
My target overall band:	_____
Reading target:	_____
Listening target:	_____
Writing target:	_____
Speaking target:	_____

Use this workbook alongside the online version at ieltsdeal.com. The online page may contain updated links and resources.

Choose Your Learner Pathway

Use the same daily plan, but adjust the difficulty and amount of practice to match your current level.

Foundation	Focus on grammar accuracy, essential vocabulary, short passages and clear basic answers. Complete
Band 5–6	Complete the core task under the suggested time limit and add one timed exercise or a short recorded
Band 7+	Complete the core task under strict timing, use more complex paraphrasing and review precision, coh

Before You Begin

- ☐ Choose your target IELTS test date and target band score.
- ☐ Write down a target score for Reading, Listening, Writing and Speaking.
- ☐ Prepare a notebook for vocabulary, mistakes and useful phrases.
- ☐ Take a short diagnostic test so you know your starting point.

30-Day Progress Tracker

Tick each day after completing its main task.

☐ Day 1	☐ Day 2	☐ Day 3	☐ Day 4	☐ Day 5
☐ Day 6	☐ Day 7	☐ Day 8	☐ Day 9	☐ Day 10
☐ Day 11	☐ Day 12	☐ Day 13	☐ Day 14	☐ Day 15
☐ Day 16	☐ Day 17	☐ Day 18	☐ Day 19	☐ Day 20
☐ Day 21	☐ Day 22	☐ Day 23	☐ Day 24	☐ Day 25
☐ Day 26	☐ Day 27	☐ Day 28	☐ Day 29	☐ Day 30

Week 1: Understand the Test and Build Your Foundation

Day 1: Set your target and take a diagnostic test

- ☐ Write your target overall band score and skill scores.
- ☐ Complete one short Reading section and one short Listening section.
- ☐ Write 150 words for a Task 2 question and record a two-minute Speaking Part 2 answer.
- ☐ Note your three biggest weaknesses.

Notes: _____

Day 2: Learn the IELTS format

- ☐ Review question types and timing for all four skills.
- ☐ Complete five Listening questions and explain each answer.
- ☐ Practise spelling numbers, names, dates and addresses.

Notes: _____

Day 3: Build high-value vocabulary

- ☐ Choose education, work, health or the environment as your topic.
- ☐ Learn 15 useful words and collocations.
- ☐ Write one sentence for each and use five in a one-minute speaking answer.

Notes: _____

Day 4: Reading skimming and scanning

- ☐ Read one article and write its main idea in one sentence.
- ☐ Find names, dates, numbers and keywords quickly.
- ☐ Complete a matching-information or True/False/Not Given exercise.
- ☐ Identify evidence for every wrong answer.

Notes: _____

Day 5: Listening prediction

- ☐ Predict the answer type before listening.
- ☐ Complete one short Listening section.
- ☐ Check spelling, word limits and singular/plural forms.
- ☐ Listen again to difficult parts and write what you hear.

Notes: _____

Day 6: Grammar accuracy

- ☐ Review sentence structure, articles, verb tense and subject–verb agreement.
- ☐ Correct 10 common IELTS grammar errors.
- ☐ Write one paragraph and check every sentence.

Notes: _____

Day 7: Weekly review

- ☐ Review vocabulary and grammar notes.
- ☐ Complete a 20-minute mixed Reading and Listening session.
- ☐ Record a two-minute familiar-topic answer.

Notes: _____

Week 1 checkpoint: ☐ Completed at least five study days. ☐ Identified two biggest weaknesses. ☐ Selected next pathway.

Next target: _____

Week 2: Improve Reading and Listening

Day 8: Reading headings and main ideas

- ☐ Match headings to paragraphs in one passage.
- ☐ Underline evidence for each answer.
- ☐ Separate a paragraph's main idea from supporting detail.

Notes: _____

Day 9: True, False and Not Given

- ☐ Complete one exercise.
- ☐ Use only information in the passage.
- ☐ Write a short reason for each answer.

Notes: _____

Day 10: Multiple choice and sentence completion

- ☐ Complete one multiple-choice and one sentence-completion exercise.
- ☐ Locate paraphrases for keywords.
- ☐ Explain why incorrect options are wrong.

Notes: _____

Day 11: Listening Sections 1 and 2

- ☐ Complete both sections under timed conditions.
- ☐ Predict answers before the recording begins.
- ☐ Review spelling, numbers, dates and distractors.

Notes: _____

Day 12: Listening Sections 3 and 4

- ☐ Complete both sections under timed conditions.
- ☐ Follow different speakers and academic explanations.
- ☐ Note transition words that helped you follow the recording.

Notes: _____

Day 13: Vocabulary through paraphrasing

- ☐ Select 15 phrases from a passage or transcript.
- ☐ Write one accurate synonym or paraphrase for each.
- ☐ Use five paraphrases in your own sentences.

Notes: _____

Day 14: Reading and Listening mini-test

- ☐ Complete one timed Reading passage and one timed Listening section.
- ☐ Record your scores and difficult question types.
- ☐ Choose two question types to practise again.

Notes: _____

Week 2 checkpoint: ☐ Recorded Reading score. ☐ Recorded Listening score. ☐ Reviewed every wrong answer.

Most difficult question type: _____

Week 3: Strengthen Writing and Speaking

Day 15: Writing Task 1 structure

- ☐ Review introduction, overview and detail paragraphs.
- ☐ Study one chart, graph, table, map or process.
- ☐ Write an introduction and overview in 10 minutes.

Notes: _____

Day 16: Writing Task 1 comparisons

- ☐ Practise comparing highest, lowest, largest changes and similar figures.
- ☐ Write two detail paragraphs with accurate comparison language.
- ☐ Check that you included the most important data.

Notes: _____

Day 17: Task 2 introductions and conclusions

- ☐ Choose an opinion or discussion essay question.
- ☐ Write a clear introduction and position.
- ☐ Write a conclusion without adding a new idea.

Notes: _____

Day 18: Task 2 body paragraphs

- ☐ Plan two main ideas for one essay question.
- ☐ Write one paragraph using main idea, explanation, example and result.
- ☐ Check that every sentence supports the main idea.

Notes: _____

Day 19: Speaking Part 1

- ☐ Answer 10 familiar questions in two to four sentences each.
- ☐ Extend answers with a reason, example or contrast.
- ☐ Record and review repeated errors.

Notes: _____

Day 20: Speaking Part 2

- ☐ Make notes for one minute on a cue card.
- ☐ Speak for up to two minutes.
- ☐ Repeat the task and improve fluency, detail and organisation.

Notes: _____

Day 21: Speaking Part 3

- ☐ Practise six abstract questions.
- ☐ Use opinion, reason, example and result language.
- ☐ Review grammar, pronunciation and vocabulary errors.

Notes: _____

Week 3 checkpoint: ☐ Completed Task 1 practice. ☐ Completed Task 2 paragraph. ☐ Recorded Speaking Parts 1–3.

Skill needing most attention: _____

Week 4: Timed Practice and Exam Readiness

Day 22: Full Writing Task 1

- ☐ Complete Task 1 in 20 minutes.
- ☐ Check the overview, comparisons, grammar and spelling.

Notes: _____

Day 23: Full Writing Task 2

- ☐ Complete Task 2 in 40 minutes.
- ☐ Spend five minutes planning and five minutes checking.
- ☐ Check task response, organisation, vocabulary and grammar.

Notes: _____

Day 24: Speaking mock test

- ☐ Complete a full Speaking test: Parts 1, 2 and 3.
- ☐ Record it without stopping or restarting.
- ☐ Review fluency, pronunciation, grammar range and vocabulary.

Notes: _____

Day 25: Reading mock test

- ☐ Complete a full Reading test in 60 minutes.
- ☐ Classify each error as vocabulary, timing, misunderstanding or careless reading.

Notes: _____

Day 26: Listening mock test

- ☐ Complete a full Listening test under exam conditions.
- ☐ Review the transcript or explanations for every incorrect answer.

Notes: _____

Day 27: Fix your two biggest weaknesses

- ☐ Choose the two areas that lowered your practice scores most.
- ☐ Complete focused exercises for both areas.
- ☐ Write one action rule for the exam.

Notes: _____

Day 28: Second writing and speaking review

- ☐ Write a new Task 2 plan and one body paragraph.
- ☐ Complete one Speaking Part 2 recording.
- ☐ Compare your work with Day 1 and list three improvements.

Notes: _____

Day 29: Full practice test

- ☐ Complete Listening and Reading under official timing.
- ☐ Complete Writing Task 1 and Task 2 under official timing.
- ☐ Record estimated scores and final revision areas.

Notes: _____

Day 30: Final review and exam strategy

- ☐ Review your vocabulary, grammar and mistake lists.
- ☐ Practise a few Speaking answers without exhausting yourself.
- ☐ Prepare documents, travel plans and test-day materials.
- ☐ Choose three practical strategies for the exam.

Notes: _____

Final Checkpoint

- ☐ Completed the full practice test. ☐ Know my strongest skill. ☐ Know my highest-priority weakness.
- ☐ Have three exam-day strategies. My next seven-day revision plan: _____

Quick Daily Reflection

- ☐ Did I complete today's task?
- ☐ What new vocabulary or grammar did I learn?
- ☐ What mistake did I make?
- ☐ What will I do differently tomorrow?

Consistency matters more than trying to study everything in one day. Use the online version at ieltsdeal.com for updated resources and links.

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