


Your 30-Day TOEIC Plan

Rencana TOEIC 30 Hari Kamu | 45 minutes a day, 6 days a week

DAY 1 TEST Full Practice Test Record scores	DAY 2 BUILD Vocab 15m Grammar 15m Listening 15m	DAY 3 BUILD Vocab 15m Grammar 15m Listening 15m	DAY 4 BUILD Vocab 15m Grammar 15m Listening 15m	DAY 5 BUILD Vocab 15m Grammar 15m Listening 15m	DAY 6 BUILD Vocab 15m Grammar 15m Listening 15m
DAY 7 REST REST DAY No English	DAY 8 FOCUS Weakest section practice	DAY 9 FOCUS Weakest section practice	DAY 10 FOCUS Weakest section practice	DAY 11 FOCUS Weakest section practice	DAY 12 FOCUS Weakest section practice
DAY 13 FOCUS Weakest section practice	DAY 14 TEST Mini timed test Compare to Day 1	DAY 15 STAMINA Half timed test	DAY 16 STAMINA Vocab + weakness 45 min	DAY 17 STAMINA Half timed test	DAY 18 STAMINA Vocab + weakness 45 min
DAY 19 STAMINA Half timed test	DAY 20 STAMINA Vocab + weakness 45 min	DAY 21 REST REST DAY No English	DAY 22 TEST Full timed practice test	DAY 23 REVIEW Review: wrong-answer patterns	DAY 24 REVIEW Review: vocabulary gaps
DAY 25 REVIEW Review: grammar gaps	DAY 26 REVIEW Review: timing issues	DAY 27 REVIEW Review: distractor traps	DAY 28 TEST Second full timed test	DAY 29 TAPER Light review only	DAY 30 REST REST Sleep early Test tomorrow

 **TEST DAYS** Timed practice to measure progress

 **FOCUS / REVIEW** Targeted weakness practice

 **BUILD / STAMINA** Skills and endurance work

 **REST DAYS** No English. Part of the plan.

Tick each day as you complete it. The goal is 45 focused minutes, not three hours of distracted study. Rest days are non-negotiable. If you miss a day, do not double up the next. Just keep going.

Score Progress Tracker

Pelacak Progres Skor | Track your raw score per section across four test days

Section	Day 1	Day 14	Day 22	Day 28
Part 1 Photos / Foto				
Part 2 Question-Response				
Part 3 Conversations / Percakapan				
Part 4 Talks / Monolog				
Part 5 Incomplete Sentences				
Part 6 Text Completion				
Part 7 Reading Comprehension				
TOTAL				

How to read this tracker

Your **Day 28 score** is your realistic TOEIC prediction. If the gap between your current score and your target is still large, extend the plan by another 30 days before booking the real test. Most students gain 50 to 150 points in a single 30-day cycle. Two cycles can mean 200+ points.

Skor Hari ke-28 kamu adalah prediksi TOEIC realistis kamu. Kalau jaraknya masih jauh dari target, perpanjang lagi 30 hari sebelum booking tes asli.

Want more? The **Premium Planner (IDR 15.000)** adds weekly focus worksheets, a vocabulary log, mistake-pattern tracker, Part 2 listening drill, and test-day checklist. Visit auravaleacademy.com