

30-Day IELTS Study Plan

A balanced month of Vocabulary, Speaking, Reading, Writing and Listening practice for independent learners.

How to use this plan

Choose a consistent study time. Attempt tasks before revealing answers. Record mistakes and schedule reviews. Adapt daily minutes to your level, health and exam date.

Inside the free studio

Use daily challenges, bilingual lessons, voice tools, mock tests, progress tracking and the Mistake Notebook at ielts.masinspire.com.

Four rules for useful practice

1. Accuracy before speed. 2. Review the reason for each mistake. 3. Use new language in your own response. 4. Track trends across several attempts; one score does not define your level.

Week 1 - Diagnose and build your routine

Tick each row after completing and reviewing the task.

1	Baseline	Take a short sample in all four skills; record strengths and weaknesses.	60-90 min	■
2	Vocabulary	Study 12 academic words; make one original sentence for each.	45-60 min	■
3	Listening	Complete one listening set; review transcript and spelling errors.	60 min	■
4	Reading	Practise skimming, scanning and one timed passage.	60 min	■
5	Writing	Plan and draft one Task 2 introduction plus two topic sentences.	60 min	■
6	Speaking	Record Part 1 answers and one Part 2 long turn.	45-60 min	■
7	Weekly review	Repeat weak items; update the Mistake Notebook and goals.	45 min	■

Weekly reflection

My strongest improvement: _____

The mistake I will prevent next week: _____

My next specific target: _____

Week 2 - Build technique and accuracy

Tick each row after completing and reviewing the task.

8	Vocabulary	Revise due words; practise synonyms, word families and collocations.	45 min	■
9	Listening	Focus on form completion and prediction before listening.	60 min	■
10	Reading	Practise True/False/Not Given and justify every answer.	60 min	■
11	Writing Task 1	Analyse the task, select key features and draft a clear overview.	60 min	■
12	Speaking	Practise extending answers with reason, example and result.	45 min	■
13	Mixed practice	Complete one Reading or Listening mini-test under time.	60 min	■
14	Weekly review	Review errors by cause: vocabulary, timing, instruction or inference.	45 min	■

Weekly reflection

My strongest improvement: _____

The mistake I will prevent next week: _____

My next specific target: _____

Week 3 - Develop band-focused performance

Tick each row after completing and reviewing the task.

15	Writing Task 2	Write a full response; check position, paragraph logic and support.	75 min	■
16	Listening	Practise map, multiple-choice and distractor awareness.	60 min	■
17	Reading	Practise matching headings and locating paragraph purpose.	60 min	■
18	Speaking	Complete a full mock; assess fluency, vocabulary, grammar and pronunciation.	45 min	■
19	Vocabulary	Use difficult words in speaking and writing instead of isolated lists.	45 min	■
20	Skills test	Complete a timed 40-question Reading or Listening test.	60 min	■
21	Weekly review	Correct every missed question and schedule smart reviews.	60 min	■

Weekly reflection

My strongest improvement: _____

The mistake I will prevent next week: _____

My next specific target: _____

Week 4 - Test readiness and refinement

Tick each row after completing and reviewing the task.

22	Writing Task 1	Complete a timed Task 1 response and revise the overview.	45 min	■
23	Writing Task 2	Complete a timed Task 2 response and edit for precision.	60 min	■
24	Listening mock	Complete a full timed test; review only after finishing.	45 min	■
25	Reading mock	Complete a full timed test and note where time was lost.	70 min	■
26	Speaking mock	Record a full Parts 1-3 session with natural timing.	45 min	■
27	Weak-skill day	Spend the full session on your lowest-performing skill.	60 min	■
28	Final review	Revisit repeated errors, key vocabulary and task instructions.	45 min	■

Weekly reflection

My strongest improvement: _____

The mistake I will prevent next week: _____

My next specific target: _____

Final 2 days - Consolidate and prepare

Tick each row after completing and reviewing the task.

29	Light rehearsal	Complete short confidence-building tasks; avoid exhausting study.	30-45 min	■
30	Reflection	Review progress, prepare a realistic next plan and rest well.	30 min	■

Weekly reflection

My strongest improvement: _____

The mistake I will prevent next week: _____

My next specific target: _____

Progress and next steps

Use this page after Day 30. Compare recent work with your baseline and choose one measurable target for each skill.

Listening		
Reading		
Writing		
Speaking		
Vocabulary		

Responsible score guidance

MAS Inspire provides educational practice and classroom estimates. It is independent and is not affiliated with or endorsed by IELTS test owners. Only an official test can issue an official IELTS band score.

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