

Lingua Centra Language Practice Tracker 2019

Language: _____

	30 mins intense listening (e.g. podcast)	1 hour general listening (e.g. radio)	Watch 1 film / TV Show	Dictation	Read news article	Translate news article you're your native language	Translate news article into target language	Learn a song	Read chapter of a book	Write a friend a message of 200+ words	Call or video call a friend	Go to meet-up group	Learn 20 new words	Write 20 new vocab sentences	Write 2 diary entries	Write 2 shopping lists	Revise a grammar point
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