

## My check-list in #progresschallenge

### Target: PROGRESS MY ENGLISH!

- I've read an article in English in a newspaper, magazine, etc.
- I've listened to the radio, TV, podcast in English
- I've watched a film in English with English subtitles
- I've played an English board game or any other English game
- I've sung a song and learnt lyrics in English
- I've learnt vocabulary from a book, workbook, etc. and made notes
- I've signed up in Progress newsletter and got a free eBook about restaurant and studied with it
- I've changed my settings in a smartphone on English mode
- I've been on Progress blog and did posted exercises
- I've joined Progress your English group on Facebook
- I've taken part in an English course and learnt on classes
- I've learnt at school
- I've chatted with a foreigner in English
- I've made some food from an English recipe
- I've made a shopping list or/and to-do list
- Other .....
- Other .....
- Other .....

Have you spent minimum 10 minutes a day with English?      YES /NO/MOSTLY

Have you Progressed your English?      YES / NO

Have you got a habit of a regular contact with English?      YES / NO