



30-DAY CHALLENGE | BEGINNER

DAY 1 <input type="radio"/>	DAY 2 <input type="radio"/>	DAY 3 <input type="radio"/>	DAY 4 <input type="radio"/>	DAY 5 <input type="radio"/>
Name your favourite holiday	Say your phone number out loud	Write down each item on your shopping list	Read the subtitles on a Mauril video	Change the language in your phone settings
DAY 6 <input type="radio"/>	DAY 7 <input type="radio"/>	DAY 8 <input type="radio"/>	DAY 9 <input type="radio"/>	DAY 10 <input type="radio"/>
Read a food menu	Add 5 new words to 'My Words' on Mauril	Describe a room in your house	Ask someone for directions	Use sticky notes to label 5 objects
DAY 11 <input type="radio"/>	DAY 12 <input type="radio"/>	DAY 13 <input type="radio"/>	DAY 14 <input type="radio"/>	DAY 15 <input type="radio"/>
Name the ingredients in your favourite dish	Describe 3 work tasks	At the store, read the prices of 3 items	Describe your morning routine	Do 3 Mauril units in a row
DAY 16 <input type="radio"/>	DAY 17 <input type="radio"/>	DAY 18 <input type="radio"/>	DAY 19 <input type="radio"/>	DAY 20 <input type="radio"/>
Talk about a sport you like	Find a conversation partner	Name your 3 favourite vacation activities	Write down tomorrow's weather forecast	Say which chores you hate doing
DAY 21 <input type="radio"/>	DAY 22 <input type="radio"/>	DAY 23 <input type="radio"/>	DAY 24 <input type="radio"/>	DAY 25 <input type="radio"/>
Ask someone for the time	Write down 4 things you recycle at home	Describe Mauril to a friend	Read a short comic strip	Write a greeting card message
DAY 26 <input type="radio"/>	DAY 27 <input type="radio"/>	DAY 28 <input type="radio"/>	DAY 29 <input type="radio"/>	DAY 30 <input type="radio"/>
Describe your favourite childhood meal	Look out a window and name 3 things	Describe a normal day	Write down 5 new words in a Mauril unit	Read a household product label