









30-DAY CHALLENGE | INTERMEDIATE

DAY 1

Describe how you feel about winter

DAY 2

Say today's date and the time out loud

DAY 3

Complete a bank transaction

DAY 4

Write a description of your workplace

DAY 5

Label 5 items in your living room

DAY 6

Write down the chorus of a song

DAY 7

Describe where you met your best friend

DAY 8

Complete
3 Mauril units
in a row

DAY 9

Summarize the last movie you watched **DAY 10**

Read a description of your job

DAY 11

Call a museum and ask for information

DAY 12

Watch a TV show with subtitles

DAY 13

Add 5 new words to 'My Words' on Mauril DAY 14

Recommend a TV series to a friend.

DAY 15

Describe your favourite animal

DAY 16

Read about a local attraction

DAY 17

Explain your professional expertise to someone

DAY 18

Summarize a video you watched on Mauril **DAY 19**

Describe your favourite childhood game

DAY 20

Explain the rules of your favourite sport

DAY 21

Follow a new account on Instagram

DAY 22

Describe your appearance

DAY 23

Write a sentence with words from a Mauril video

DAY 24

Describe the last book you read

DAY 25

Read your online banking page

DAY 26

Watch a YouTube

how-to video

DAY 27

Create and describe your dream menu

DAY 28

Describe your perfect day

DAY 29

Listen to a song and look up new words **DAY 30**

Narrate out loud as you cook a meal