



HABIT BUILDING • FREE GUIDE

30-Day Portuguese Study Planner & Habit Tracker

A simple, printable plan — 20-30 minutes a day, four weekly themes, one habit tracker.

Fala Portuguese.

Free resource from the Fala Portuguese Resource Library — falaportuguese.com

PLANNER

Your 30-Day Plan

Four weekly themes that build on each other.

WEEK	THEME	FOCUS
Week 1	Foundations	Alphabet, greetings, ser/estar, numbers 1-30
Week 2	Everyday Life	Present-tense verbs, question words, family vocabulary
Week 3	Out in the World	Restaurant/travel phrases, directions, shopping
Week 4	Real Conversation	Idioms, listening practice, review + self-assessment

Daily rhythm: 10 min vocabulary/grammar review + 10 min listening (song, podcast, or show) + 5-10 min speaking out loud (even to yourself). Consistency beats intensity.

HABIT TRACKER

Check Off Each Day

Print this page and mark a box every day you practice — even 10 minutes counts.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
☐	☐	☐	☐	☐	☐	☐

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
☐	☐	☐	☐	☐	☐	☐

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
☐	☐	☐	☐	☐	☐	☐

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
☐	☐	☐	☐	☐	☐	☐

DAY 29	DAY 30
☐	☐

Tip: pair this planner with the PDFs matched to each week's theme from the Resource Library — verb charts and question words for Week 2, restaurant/travel vocab for Week 3, idioms and the Listening Practice Log for Week 4.