

## YOUR 4-WEEK CHALLENGE

How to use : Here's a list of action you can implement to increase your level of engagement with French. Tick the boxes once you have done one of the action suggested.

### Week 1 : Preparing your environment

**Set your devices to french**  
Change your phone, computer, and any apps you use regularly to French.

**Label household items**  
Label objects in your home to reinforce vocabulary, kitchen is a good place to start.

**Download a language app**  
Dedicate 10-15 minutes each day to an app like Duolingo.

**Follow French accounts**  
Spend time this week following French influencers accounts relevant to your interests.

### Week 2 : Absorb French

**Follow French podcasts**  
Listen for 15 minutes during breakfast or during your commute this week.

**Listen to French music**  
Listen during your daily activities like cooking, walking, or driving.

**Watch French films or series**  
Start with a movie you know, and put subtitles on.

**Read French News Websites**  
5 minutes a day reading headline and browsing content is a good start !

### Week 3 : Be active !

**Find a french speaking group**  
Find a local or online French speaking group to attend.

**Explore recipes in french**  
On the weekend, choose a recipe and follow through the instructions in French as you cook.

**Go grocery shopping**  
From now on, write your shopping list in French. You'll discover many words and memorize them faster.

**Write a journal in French**  
As soon as A1, start writing everyday in French. Start by talking about you, your day, your friends & family.

### Week 4 : Expand your engagement

**Read french books**  
Read for at least 5 minutes during lunch or before bed.

**Book a lesson with a native teacher**  
Check out my offers !

**Increase reading and listening time**  
Extend your podcast, book, and/or news reading times by 5 minutes each day.

**Re-watch your film or series**  
Take the same thing as week 2, but without subtitles this time.