Two months of purposeful preparation

Your 60-day TOEFL study plan

Start date: _____ Actual exam date: _____

Target overall / section minimums: _____

Use 25-30 minutes on the lighter track or 60-75 minutes on standard days. On lighter days, choose one named task and review it carefully. Full tests require the complete provider duration. Split the day 28 section checkpoint across days 28-29 on the lighter track, reserving the full duration for each section. Day 43 uses short productive samples.

Ordinary session: Retrieve an older correction, try fresh material, review evidence and apply one correction. Suggested spaced-review gaps are one day, three days and a week. Stretch the calendar if comprehension remains difficult.

Phases: Days 1-15 foundation; 16-29 task development; 30-43 transfer and integration; 44-60 readiness and consolidation. Keep recovery days. Full practice checkpoints are days 31 and 50; the final readiness decision is day 56.

Keep an error log: Task / what happened / source evidence / correction / next fresh attempt. Label repeated questions and interrupted practice separately. One practice estimate does not predict your official result.

Current format and scores: Use post-January 21, 2026 tasks. Official overall and section scores use 1-6 in half-point steps. Check your institution's current requirements. The schedule is an independent editorial recommendation, with no score guarantee.

Access: This plan and PDF are free without registration. Linked PrepEx practice may need an account or paid access. Check access before reserving checkpoint time. Use current ETS preparation resources as another option.

Online plan and clickable practice links: prepex.ai/toefl-60-day-study-plan

PrepEx / TOEFL

Days 1-5 / practice, review, evidence

☐ Day 1 / Set your target

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Record your institution's overall and section requirements. Read the current task descriptions and write a realistic weekly study appointment.

Keep: A dated target sheet and four skill concerns.

Open learning guides

☐ Day 2 / Establish a baseline

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Try a fresh short activity in each section. Keep timed and untimed work separate; do not infer an official band from raw accuracy.

Keep: One saved writing response, a recording, and comprehension notes.

Choose current-format practice

☐ Day 3 / Read for sentence meaning

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Read a short academic text slowly. Mark subjects, main verbs and pronoun references; summarize each paragraph without translating it word by word.

Keep: Three sentences explained in plain English.

Choose current-format practice

☐ Day 4 / Hear phrase boundaries

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Listen to a short conversation once, then replay for review. Mark where one thought ends and another begins; check any available transcript afterward.

Keep: Three missed phrases with corrected meanings.

Choose current-format practice

☐ Day 5 / Build complete clauses

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Practice Build a Sentence. Explain the subject-verb relationship and placement of time phrases in each correction.

Keep: Five corrected sentence patterns.

Choose current-format practice

Days 6-10 / practice, review, evidence

☐ Day 6 / Start a word notebook

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Choose ten unfamiliar words from real reading. Record meaning, a useful phrase and your own sentence; retrieve them without looking.

Keep: Ten original sentences, with uncertain uses marked.

Open vocabulary collection

☐ Day 7 / Rest and retrieve

Lighter: 0-15 min | **Standard:** 0-20 min | Foundation

Take a break from scored work. Recall day 6 words for ten minutes, then stop. Catch up on one unfinished review only if you feel rested.

Keep: A short list of words still difficult to recall.

Open vocabulary collection

☐ Day 8 / Read everyday messages

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Practice Read in Daily Life. Identify the sender, audience, purpose and action needed; justify answers using the actual message.

Keep: Two errors explained with source phrases.

Choose current-format practice

☐ Day 9 / Respond to meaning

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Practice Listen and Choose a Response. Explain the speaker's intention before comparing the choices.

Keep: A record of requests, offers or questions you misheard.

Choose current-format practice

☐ Day 10 / Write a usable email

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Practice Write an Email. Before writing, list the requested actions; afterward, locate the sentence that fulfills each one.

Keep: One complete email and a prompt-coverage check.

Choose current-format practice

Days 11-15 / practice, review, evidence

☐ Day 11 / Speak from a simple point

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Try Take an Interview. Give a direct answer, a reason and a relevant detail in your own words. Replay the recording for clarity.

Keep: One recording with a specific delivery correction.

Choose current-format practice

☐ Day 12 / Recall words in context

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Revisit day 6 vocabulary after a gap. Write new sentences rather than copying the originals; check word form and common partners.

Keep: Five revised sentences and a recall tally.

Open vocabulary collection

☐ Day 13 / Follow an announcement

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Practice an announcement. Note the purpose, change, people affected and next action without copying every word.

Keep: A four-line meaning summary.

Choose current-format practice

☐ Day 14 / First two-week review

Lighter: 25-30 min | **Standard:** 60-75 min | Foundation

Compare new short attempts with day 2 in each skill. Keep conditions comparable and choose two recurring errors for the next phase.

Keep: A two-error priority list supported by examples.

Choose current-format practice

☐ Day 15 / Recover and plan

Lighter: 0-15 min | **Standard:** 0-20 min | Foundation

Rest or finish one review from day 14. Reallocate time to your weakest skill while keeping the other three in the schedule.

Keep: A revised time budget for the next two weeks.

Open learning guides

Days 16-20 / practice, review, evidence

☐ Day 16 / Complete words through grammar

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Practice Complete the Words. Use the whole sentence to decide meaning and grammatical form, then check spelling.

Keep: An error list separating meaning, form and spelling.

Choose current-format practice

☐ Day 17 / Track academic structure

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Read an academic passage and label example, cause, contrast and conclusion relationships. Check what each paragraph adds.

Keep: A paragraph map with source evidence.

Choose current-format practice

☐ Day 18 / Listen for a change of plan

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Practice a conversation. Separate the original proposal from the final decision and note why it changed.

Keep: A before-and-after plan with its reason.

Choose current-format practice

☐ Day 19 / Improve repeat accuracy

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Practice Listen and Repeat. After the first attempt, compare your recording with the source; listen for omitted endings and function words.

Keep: Three omissions to watch for in fresh attempts.

Choose current-format practice

☐ Day 20 / Develop a discussion contribution

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Try Write for an Academic Discussion. Add an explained point rather than repeating another speaker; inspect whether the example supports it.

Keep: One paragraph with point, explanation and example labeled.

Choose current-format practice

Days 21-25 / practice, review, evidence

☐ Day 21 / Review at spaced intervals

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Recall words from days 6 and 12, then reread day 16 corrections. Use five words aloud in a new campus situation.

Keep: A recall tally and five spoken sentences.

Open vocabulary collection

☐ Day 22 / Low-load catch-up

Lighter: 0-15 min | **Standard:** 0-20 min | Task development

Take a rest day. If needed, finish one correction from days 16-20; avoid adding another test to the backlog.

Keep: One completed correction or a recorded rest day.

Open learning guides

☐ Day 23 / Read under a task timer

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Try fresh Reading activities using the displayed timers. Note exactly where time goes, then review without a timer.

Keep: Time-loss notes divided into reading, deciding and checking.

Choose current-format practice

☐ Day 24 / Listen without over-noting

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Try an academic talk. Keep notes to relationships and key points; check whether note-taking caused you to miss the next idea.

Keep: A concise outline and one note-taking adjustment.

Choose current-format practice

☐ Day 25 / Repair email tone and purpose

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Write a new email, then check audience, politeness, requested action and useful details. Remove language that hides your request.

Keep: A before-and-after revision of two sentences.

Choose current-format practice

Days 26-30 / practice, review, evidence

☐ Day 26 / Extend interview answers naturally

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Record a new interview set. Use a specific experience or explanation where relevant; avoid a memorized speech unrelated to the question.

Keep: Two recordings compared for relevance and clarity.

Choose current-format practice

☐ Day 27 / Check sentence control

Lighter: 25-30 min | **Standard:** 60-75 min | Task development

Practice Build a Sentence and revisit your day 5 patterns. Explain why the corrected order works before trying fresh items.

Keep: A list of recurring grammar errors with examples.

Choose current-format practice

☐ Day 28 / Checkpoint: sustained sections

Lighter: One section; provider duration + review | **Standard:** Two sections; provider durations + review | Task development

Complete fresh Reading and Listening section practice. Lighter track: split the sections across days 28-29; if a section exceeds your slot, reserve its full duration. Standard track: allow an extended slot for both plus review. Keep practice estimates separate from your error analysis.

Keep: A section comparison and the top comprehension bottleneck.

Choose current-format practice

☐ Day 29 / Rest after the checkpoint

Lighter: Rest, or second section + review | **Standard:** 0-20 min recovery | Task development

Rest after the checkpoint, or complete the second section if you split days 28-29. Reserve that section's full duration plus review. Compare the checkpoint evidence and choose one behavior to test next week.

Keep: One practical change for the next cycle.

Open learning guides

☐ Day 30 / Explain academic ideas plainly

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Read a short passage, close it and explain the argument aloud. Reopen it to check that you have not added unsupported claims.

Keep: A spoken summary corrected against the text.

Choose current-format practice

Days 31-35 / practice, review, evidence

☐ Day 31 / First full practice checkpoint

Lighter: Provider duration + review | **Standard:** Provider duration + 30 min review | Transfer and integration

Reserve an uninterrupted slot for a current-format full practice test. Follow its instructions and timers; note difficulties without stopping to study.

Keep: A full-test record with conditions and practice estimates labeled.

Choose current-format practice

☐ Day 32 / Review the full test

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Review the checkpoint before starting new work. Sort errors into comprehension, language production, task fulfillment and time management.

Keep: Three priority corrections with concrete evidence.

Choose current-format practice

☐ Day 33 / Strengthen contextual word forms

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Use Complete the Words and your notebook to examine nouns, verbs and adjectives. Write new sentences that change the form accurately.

Keep: Six word-family transformations checked in context.

Choose current-format practice

☐ Day 34 / Follow implied meaning

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Practice Listen and Choose a Response. Consider what the utterance does in its situation; avoid choosing on shared vocabulary alone.

Keep: Three choices explained by communicative purpose.

Choose current-format practice

☐ Day 35 / Develop a reason in writing

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Write a fresh academic discussion response. Check the logical link from claim to explanation and remove unsupported sweeping statements.

Keep: A revised paragraph with one fully explained reason.

Choose current-format practice

Days 36-40 / practice, review, evidence

☐ Day 36 / Recall across older topics

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Retrieve day 6, 12 and 21 words without the list. Mix daily-life, campus and academic contexts instead of reviewing one group at a time.

Keep: A mixed recall record and five new examples.

Open vocabulary collection

☐ Day 37 / Recovery and backlog limit

Lighter: 0-15 min | **Standard:** 0-20 min | Transfer and integration

Rest or finish the single highest-value unfinished review. Leave lower-priority tasks behind rather than doubling tomorrow's work.

Keep: A cleared priority item and a realistic next session.

Open learning guides

☐ Day 38 / Read for inference and support

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Try a fresh academic passage. For each inference, locate the supporting clues and explain why the text permits the conclusion.

Keep: Two evidence chains without outside assumptions.

Choose current-format practice

☐ Day 39 / Combine listening purposes

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Practice one conversation and one announcement as time allows. Distinguish a speaker's purpose from a detail you happen to remember.

Keep: Two short summaries and one corrected purpose error.

Choose current-format practice

☐ Day 40 / Check intelligibility

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Use Listen and Repeat, then replay without reading the source. Check whether word endings and phrase stress are understandable.

Keep: A recording and a targeted clarity note.

Choose current-format practice

Days 41-45 / practice, review, evidence

☐ Day 41 / Write with a clear request

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Practice a new email under its displayed timer. Reserve a final check for missing actions and confusing references.

Keep: One timed email and a two-item editing checklist.

Choose current-format practice

☐ Day 42 / Transfer your strongest correction

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Choose your weakest task and use a fresh item. Apply only one correction from day 32 deliberately; assess whether it helped.

Keep: A new attempt with evidence for or against the change.

Choose current-format practice

☐ Day 43 / Checkpoint: productive skills

Lighter: 25-30 min | **Standard:** 60-75 min | Transfer and integration

Use fresh Speaking and Writing work under conditions comparable to earlier attempts. Lighter track: select short samples from each skill, not two full sections. Standard track: choose a manageable set and review it. Judge prompt coverage, control and clarity before comparing practice estimates.

Keep: Two strengths and two remaining weaknesses.

Choose current-format practice

☐ Day 44 / Protect a recovery day

Lighter: 0-15 min | **Standard:** 0-20 min | Readiness and consolidation

Take a break from timed practice. Review a small set of difficult phrases if desired; keep the session short.

Keep: A refreshed shortlist of useful phrases.

Open vocabulary collection

☐ Day 45 / Handle denser reading

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Read a fresh academic text, then inspect difficult sentences. Separate vocabulary gaps from problems following relationships across sentences.

Keep: A paragraph map and three clarified references.

Choose current-format practice

Days 46-50 / practice, review, evidence

☐ Day 46 / Track a talk's explanation

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Practice an academic talk. Identify the main question, explanation and examples; check the role of each example after the attempt.

Keep: An outline distinguishing claims from illustrations.

Choose current-format practice

☐ Day 47 / Keep grammar stable under time

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Try fresh Build a Sentence items with the actual practice timer. Recheck the grammar patterns that failed on day 27.

Keep: An error comparison showing repeated or resolved patterns.

Choose current-format practice

☐ Day 48 / Answer follow-up questions

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Record a fresh interview. Adapt each response to the exact question instead of reusing the previous answer's argument.

Keep: A recording with question-to-answer relevance notes.

Choose current-format practice

☐ Day 49 / Write and edit selectively

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Try an academic discussion response. Prioritize an unclear idea, a missing link and a recurring grammar problem in that order.

Keep: One response with three purposeful edits.

Choose current-format practice

☐ Day 50 / Second full practice checkpoint

Lighter: Provider duration + review | **Standard:** Provider duration + 30 min review | Readiness and consolidation

Take a different current-format full practice test under realistic uninterrupted conditions. Keep the provider and conditions noted.

Keep: A second full-test record comparable to day 31.

Choose current-format practice

Days 51-55 / practice, review, evidence

☐ Day 51 / Review and recover

Lighter: 0-15 min | **Standard:** 0-20 min | Readiness and consolidation

Use the day for review and rest. Compare days 31 and 50 without treating one score change as a reliable trend.

Keep: A readiness note supported by multiple attempts.

Choose current-format practice

☐ Day 52 / Repair the largest remaining gap

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Choose the repeated problem with the clearest evidence. Use a short untimed exercise, then a fresh timed attempt in that task.

Keep: A matched correction and transfer attempt.

Choose current-format practice

☐ Day 53 / Retrieve older vocabulary

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Recall words from at least three earlier weeks. Use a phrase and sentence for each difficult word; stop adding long new lists.

Keep: A compact final-review word set.

Open vocabulary collection

☐ Day 54 / Practice receptive stamina

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Complete fresh Reading and Listening work without checking answers mid-task. Inspect concentration losses as well as language errors.

Keep: A note on where attention failed and how you recovered.

Choose current-format practice

☐ Day 55 / Check productive completeness

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Complete fresh email, discussion and speaking work as access and time allow. Verify that every response fulfills its own task.

Keep: A prompt-coverage checklist and one clear recording.

Choose current-format practice

Days 56-60 / practice, review, evidence

☐ Day 56 / Final decision checkpoint

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Compare several fresh attempts with your target and any section minimums. If the gap remains substantial, consider more preparation and check appointment-change terms.

Keep: An evidence-based readiness decision, not a score promise.

Open learning guides

☐ Day 57 / Confirm test-day arrangements

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Check ETS instructions for your test location or Home Edition appointment, accepted ID, travel or equipment and check-in time.

Keep: A practical checklist based on your appointment.

Check ETS test-day instructions

☐ Day 58 / Close the error log

Lighter: 25-30 min | **Standard:** 60-75 min | Readiness and consolidation

Review your five most useful corrections. Rehearse them on short familiar examples, then put away the large backlog.

Keep: A one-page review sheet.

Open learning guides

☐ Day 59 / Rest and prepare

Lighter: 0-15 min | **Standard:** 0-20 min | Readiness and consolidation

Keep study light or take the day off. Prepare your ID and practical arrangements, eat normally and protect sleep.

Keep: Your ready-to-use test-day checklist.

Check ETS test-day instructions

☐ Day 60 / Use a calm final review

Lighter: 0-15 min | **Standard:** 0-20 min | Readiness and consolidation

If the exam is today, use only a brief familiar warm-up and follow appointment instructions. Otherwise, review readiness and plan maintenance until your actual date.

Keep: A sustainable next step linked to your real test date.

Check ETS test-day instructions

Checkpoint notes and next steps

Compare evidence, not just estimates

At days 14, 28 and 43, identify recurring problems in fresh work. Compare full practices on days 31 and 50 only after noting provider, timing, interruptions and task familiarity. Check section minimums as well as the overall target.

If you miss a day

Resume with the highest-value correction. Use one recovery slot for one unfinished review. Do not automatically double tomorrow's work. If full practice must be split, record it as section practice.

If comprehension is still difficult

Repeat foundation sessions with new short texts and recordings. Explain sentences without a timer and inspect the missed phrases. A longer preparation period may be needed.

Final week

Check accepted ID, appointment, location or Home Edition setup directly with ETS. Keep the final days light. Day 60 is an organizing endpoint; use your actual test date to position final review and rest.

Sources and scope

By PrepEx Editorial, November 11, 2026. Official references: ets.org/toefl/test-takers/ibt/about/content.html; ets.org/toefl/test-takers/ibt/scores/understand-scores.html; ets.org/toefl/test-takers/ibt/prepare.html; ets.org/toefl/test-takers/ibt/test-day.html. Workloads and learning activities are original recommendations, not official task durations.

My three priorities after the final checkpoint: