

How to use this page

1. Write only words you met yourself: in a book, a series, a meeting, a chat.
2. Write the usual form (“give up”, not “gave up”), one clear meaning, and copy the sentence as it was.
3. Review by covering the Meaning column and saying the meaning out loud before you look.
4. Tick the box when you knew it. Missed it? Cross the box and start that word again from day 1.
5. Four ticks in a row and the word is yours. Look at it again after about a month.

Three example rows

Date	Word or phrase	Meaning	The sentence I met it in · where	Review on day			
				1	4	11	32
3 Oct	give up	to stop trying	She never gave up on the idea. · novel, ch. 3	☒	☒	☐	☐
3 Oct	reluctant	not wanting to do something	He was reluctant to sign. · team call	☒	☒	☐	☐
4 Oct	to run out of	to have none left	We ran out of time. · podcast	☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐

Date	Word or phrase	Meaning	The sentence I met it in · where	Review on day			
				1	4	11	32
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐
				☐	☐	☐	☐