The 30-Day Plan

From Articulate by Hazel Crowe, Appendix A

Every session is the same 9 minutes: 1 minute of warm-up, 2 reading the move, 4 recording and 2 playing it back. Day A learns the move. Day B uses it when it's harder, and gets scored on the five measures in Appendix D. Day 29 is a Day A that gets scored too. If you miss a day, pick up where you stopped.

Day	Drill	Ch	Score
1	Record Your Baseline	1	Day 1 sheet
2	Catch It Live	1	All five
3	Say How You Feel	2	
4	Nerves on Camera	2	All five
5	Answer First	3	
6	Point First, No Notes	3	All five
7	Find Where They Bunch	4	
8	Silence at Speed	4	All five
9	Finish Every Sentence	5	
10	Land It Against the Clock	5	All five
11	Ten Words, Then Talk	6	
12	Ten Words, Cold	6	All five
13	Say It Back, Then Frame It	7	
14	And Then the Follow-Up	7	All five
15	One Point, One Moment, One Turn	8	
16	Story on Demand	8	All five
17	Get In	9	
18	First In	9	All five
19	Write the First Line	10	
20	First Line, Cold	10	All five
21	Hands Still, Hands Free	11	
22	Explain It Standing	11	All five
23	One Follow-Up Question	12	
24	Listen, Then Speak	12	All five
25	The Sentence You Keep Swallowing	13	
26	Say It, Then Hold It	13	All five
27	No, Cut In, Name It	14	
28	Cut In, Then Name It	14	All five
29	Build the Big One	15	All five
30	The Full Run	15	Day 30 sheet

Keep your Day 1 recording. Day 30 asks for it.

After Day 30, do one session a week (Chapter 16), and run Day 30 again on Day 90, counting from Day 1. The Day 90 column is in Appendix D. Keep all three recordings: Day 1, Day 30 and Day 90.

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