LEARNTYPE · 30-DAY TYPING CHALLENGE

30-Day Typing Challenge Tracker

15 minutes a day. Tick the box when you finish, and write your speed on test days. Eyes on the screen, not the keys.

Name	Start date	Day 1 WPM	Day 30 WPM

Week 1 · Home row

1	asdf jkl; with eyes on screen	☐ WPM ___
2	Add g and h	☐ WPM ___
3	Home-row words: sad, lad, flask	☐ WPM ___
4	Home row, 2 minutes nonstop	☐ WPM ___
5	Space bar and Shift	☐ WPM ___
6	Home-row speed: 3 rounds	☐ WPM ___
7	Rest day: play Keyboard Jump	☐ WPM ___

Week 2 · Top and bottom rows

8	Top row: e and i	☐ WPM ___
9	Top row: r, t, u, o	☐ WPM ___
10	Top row: q, w, y, p	☐ WPM ___
11	Bottom row: c, v, n, m	☐ WPM ___
12	Bottom row: z, x, b, comma, period	☐ WPM ___
13	All three rows, slowly	☐ WPM ___
14	Rest day: play Space Typer	☐ WPM ___

Week 3 · Real words

15	100 most common words	☐ WPM ___
16	Short sentences	☐ WPM ___
17	Capitals and punctuation	☐ WPM ___
18	Numbers row	☐ WPM ___
19	One paragraph, no backspace	☐ WPM ___
20	Two paragraphs	☐ WPM ___
21	Rest day: play Food Ninja	☐ WPM ___

Week 4 · Speed

22	1-minute speed test: write your WPM	☐ WPM ___
23	Practise your 5 slowest keys	☐ WPM ___
24	Accuracy round: 98% or retry	☐ WPM ___
25	3-minute test	☐ WPM ___
26	Race in Nitro Racer	☐ WPM ___
27	5-minute test	☐ WPM ___
28	Final 1-minute test: compare with day 22	☐ WPM ___

Bonus days

29	Type a page you actually need to write	☐ WPM ___
30	Celebrate: fill in Day 30 WPM at the top	☐ WPM ___