MONTH ONE: PRACTICE ONE SKILL CONSISTENTLY

# 90-Day Continuation Tracker

Compare your First Rehearsal and Final Review, using the recordings, notes, and feedback available. Choose one skill to practice. Use two recorded presentations to review your progress, and ask for feedback on that skill when possible.

The ninety days begin after the initial thirty-day cycle. Choose one presentation or conversation and one skill each month. Repeat Prepare, Practice, Present, Review, Improve.

Dates _____ Presentation or conversation _____

**One skill I will practice and why it matters**

**What I will practice and how I will track progress**

**Recording one and recording two: Dates and locations**

**What a reviewer noticed and what it suggests practicing**

**What improved this month, and what still needs practice?**

**Next skill to practice based on what I noticed**

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MONTH TWO: PRACTICE IN A MORE DEMANDING SITUATION

# 90-Day Continuation Tracker

Practice with one new challenge, such as Q&A, a more senior audience, fewer slides, or a different format. Prepare for the challenge you chose. Afterward, note what happened and what you need to practice before the next presentation.

Dates _____ Presentation or conversation _____

**One skill I will practice and why it matters**

**What I will practice and how I will track progress**

**One new challenge and how I will practice handling it**

**What a reviewer noticed and what it suggests practicing**

**What improved this month, and what still needs practice?**

**Next skill to practice based on what I noticed**

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# 90-Day Continuation Tracker

Choose a regular work conversation, such as a team update, coaching discussion, or client call. Practice the skill, note what people needed clarified and whether they understood the next step, and use those notes next time.

Dates _____ Presentation or conversation _____

**One skill I will practice and why it matters**

**What I will practice and how I will track progress**

**One regular work conversation where I will practice again**

**What a reviewer noticed and what it suggests practicing**

**What improved this month, and what still needs practice?**

**Next skill to practice based on what I noticed**

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90-DAY CONTINUATION TRACKER CONTINUED

# Continuation Practice Log

Use additional copies throughout the ninety days. After a rehearsal, presentation, or work conversation, record what you practiced, what happened, and what you will change next time.

| Date and event | Skill practiced | What I noticed and will change next |
|---|---|---|
| | | |
| | | |
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| | | |
| | | |

## My personal speaking standard

Write a short first-person standard covering preparation, audience service, credibility, clarity, presence, adaptation, ethics, and action. Make it sound like you at your best.

Next review date _____

**Prepare. Practice. Present. Review. Improve.**

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