

FREE TOEFL 2026 PRACTICE MATERIAL

TOEFL Listen and Repeat Practice Sentences PDF With Transcripts (2026)

A hundred target sentences graded easy to hard, printed in full with their word counts — and a code on the page that opens the scored drill on a phone, because a repetition task needs a voice and paper does not have one.

What is inside

- A hundred Listen and Repeat target sentences across the easy, medium and hard practice tiers, dealt evenly rather than taken from one tier.
- The word count of every sentence, which is the honest measure of how much a sentence asks you to hold.
- A scan-to-listen code and a plain link on the sentence pages, opening the free browser drill where the same sentences are spoken and scored.
- A hundred sentences that are NOT the fifty on the question-bank page, so the two together are a hundred and fifty rather than one set published twice.

What it does not cover

- Audio inside the file. A PDF cannot speak; the code on the sentence pages is the route to the recordings rather than a substitute for them.
- Scoring. Repetition is judged on what a listener hears, so a printed sentence can be rehearsed but not marked — the free drill records and scores it.
- Take an Interview, the other 2026 Speaking task. It ships as its own pack.
- The fifty sentences already published on the Listen and Repeat question-bank page. This pack is deliberately the hundred that follow.

DO IT SCORED, FOR FREE

Reading answers is not the same skill as producing them under time pressure. The same material runs scored, in the browser, with no card:

[Hear these sentences and say them back, scored —
https://www.reach120.com/toefl-listen-and-repeat-practice](https://www.reach120.com/toefl-listen-and-repeat-practice)

Every question in this file is also on the page it came from:
<https://www.reach120.com/downloads/toefl-listen-and-repeat-pack>

WHERE THIS MATERIAL COMES FROM

This pack is generated from the live Reach120 question bank rather than written for the download, and the row ids that went into it are published in a manifest beside the file. That is what makes the provenance checkable instead of a sentence you have to take on trust.

Listen and Repeat sentences, with word counts

Read a sentence once, cover it, and say it back. The transcript is not a spoiler in this task — the sentence you hear is the sentence you repeat — so the whole target text is printed, and the word count beside it is the honest measure of how much it asks you to hold.



SCAN TO HEAR THESE SPOKEN

Hear every sentence spoken and get your repetition scored, free.

<https://www.reach120.com/toefl-listen-and-repeat-practice>

Easy sentences

Tiers are Reach120 practice settings — longer sentences hold more in memory.

1. 6 words

We booked a study room upstairs.

6 words

2. 6 words

Coffee prices dropped at the cafe.

6 words

3. 6 words

Turn in your permission slip early.

6 words

4. 6 words

The chemistry lab smells like vinegar.

6 words

5. 6 words

Club meetings happen every other Friday.

6 words

6. 6 words

The elevator broke near the dorms.

6 words

7. 6 words

Please recycle the boxes behind reception.

6 words

8. 6 words

My advisor answered the email quickly.

6 words

9. 6 words

The gym adds new morning classes.

6 words

10. 6 words

Grab a tray near the entrance.

6 words

11. 6 words

The seminar filled up by noon.

6 words

12. 6 words

Wear closed shoes inside the workshop.

6 words

13. 7 words

Two printers work on the third floor.

7 words

14. 6 words

The quiz moved to next week.

6 words

15. 6 words

Sign the housing contract by Friday.

6 words

16. 6 words

The garden club plants herbs today.

6 words

17. 6 words

Check the bulletin board for updates.

6 words

18. 6 words

The night shuttle runs until midnight.

6 words

19. 6 words

Our project deadline shifted to April.

6 words

20. 6 words

The cafe closes during winter break.

6 words

21. 6 words

Pick up your badge from security.

6 words

22. 7 words

The physics review meets in room four.

7 words

23. 6 words

Water fountains work again this week.

6 words

24. 6 words

The debate team travels this weekend.

6 words

25. 6 words

Save your work before the outage.

6 words

26. 6 words

New lockers opened beside the pool.

6 words

27. 6 words

The math tutor arrives around three.

6 words

28. 6 words

Bring headphones to the language lab.

6 words

29. 6 words

The bookstore restocked our required novel.

6 words

30. 6 words

Meal plans change after spring term.

6 words

31. 6 words

The choir practices before evening classes.

6 words

32. 6 words

Reserve equipment online through the portal.

6 words

33. 6 words

The parking permit expires next month.

6 words

Medium sentences

Tiers are Reach120 practice settings — longer sentences hold more in memory.

34. 10 words

The dining hall added vegetarian options every Tuesday this semester.

10 words

35. 10 words

Students living off campus should update their mailing address soon.

10 words

36. 10 words

The workshop leader asked everyone to bring a printed draft.

10 words

37. 10 words

Late shuttle riders should wait near the main library entrance.

10 words

38. 9 words

The history club invited a speaker for Thursday afternoon.

9 words

39. 9 words

Our group presentation needs two more slides before tomorrow.

9 words

40. 10 words

The gym coordinator canceled evening classes during the maintenance week.

10 words

41. 10 words

Please email the professor if the assignment link stays broken.

10 words

42. 9 words

The housing office reopens applications for single rooms tomorrow.

9 words

43. 10 words

New tutors will hold sessions in the renovated study lounge.

10 words

44. 10 words

The campus cafe now accepts payments through the meal app.

10 words

45. 10 words

Our seminar discussion moved online while the heating gets repaired.

10 words

46. 10 words

The librarian extended borrowing limits during the busy exam period.

10 words

47. 11 words

Please label your samples clearly before storing them in the fridge.

11 words

48. 11 words

The transit office added a stop near the new residence hall.

11 words

49. 9 words

Registration closes soon, so choose your electives without delay.

9 words

50. 10 words

The advising center hosts a career panel next Wednesday evening.

10 words

51. 10 words

Everyone should upload their reflection before the discussion board locks.

10 words

52. 10 words

The lab manager wants goggles worn near the chemical bench.

10 words

53. 10 words

Our study group compared answers after the practice midterm ended.

10 words

54. 10 words

The dorm council plans a movie night for first-year students.

10 words

55. 10 words

Please pick up your graded essays from the department office.

10 words

56. 10 words

The writing center offers longer appointments during the final week.

10 words

57. 10 words

Bus service runs on a reduced schedule over the holiday.

10 words

58. 10 words

The coordinator moved orientation indoors because of the heavy rain.

10 words

59. 10 words

New members should attend the club meeting to receive supplies.

10 words

60. 10 words

The professor extended the deadline after the server went down.

10 words

61. 10 words

Please charge the shared tablets before returning them each night.

10 words

62. 10 words

The cafeteria staff will restock the salad bar around noon.

10 words

63. 10 words

Our advisor suggested joining a study abroad information session tomorrow.

10 words

64. 10 words

The library added quiet zones on the upper two floors.

10 words

65. 10 words

Students should submit parking appeals through the online transportation form.

10 words

66. 10 words

The department scheduled makeup labs for anyone who missed Friday.

10 words

Hard sentences

Tiers are Reach120 practice settings — longer sentences hold more in memory.

67. 13 words

Since the workshop runs long today, the coordinator will provide snacks for everyone.

13 words

68. 13 words

If the shuttle skips the science stop, walk toward the parking garage instead.

13 words

69. 14 words

The housing office warned that late applications lose priority for room choices next fall.

14 words

70. 13 words

After the instructor demonstrated the procedure, each pair recorded results in the spreadsheet.

13 words

71. 13 words

Because attendance counts toward participation, please notify the professor before missing any session.

13 words

72. 13 words

The club president announced that anyone interested in leadership should attend Thursday's meeting.

13 words

73. 13 words

While the main library undergoes renovation, study groups can reserve rooms next door.

13 words

74. 14 words

The registrar reminded us that courses dropped after the deadline still appear on transcripts.

14 words

75. 14 words

Since the cafeteria expanded its hours, commuters who arrive early can eat before class.

14 words

76. 13 words

The professor noted that the difficult reading prepares students for next week's debate.

13 words

77. 13 words

When advising appointments overlap, students should reschedule using the calendar link they received.

13 words

78. 13 words

Although parking near the stadium is limited, extra shuttles run during major events.

13 words

79. 13 words

The lab coordinator stressed that unlabeled samples left overnight will be discarded immediately.

13 words

80. 14 words

Because the printer queue grows long before deadlines, the technician suggested sending files earlier.

14 words

81. 14 words

The counselor recommended a lighter schedule for students who work while taking science courses.

14 words

82. 13 words

If the club cannot secure the auditorium, the meeting moves to the lounge.

13 words

83. 13 words

The professor explained that participation grades reflect how often students contribute during discussions.

13 words

84. 13 words

Since housing assignments depend on seniority, returning students usually receive their preferred buildings.

13 words

85. 13 words

The transit office announced that the delayed route resumes once the inspection concludes.

13 words

86. 13 words

When the writing center gets crowded, tutors ask students to book appointments beforehand.

13 words

87. 13 words

The department suggested that anyone struggling with statistics attend the extra review session.

13 words

88. 13 words

Although the field trip was postponed, the professor uploaded photographs for the assignment.

13 words

89. 14 words

Because the dorm kitchen closes at ten, residents planning late snacks should shop earlier.

14 words

90. 13 words

The coordinator reminded volunteers that shifts overlapping with classes can be traded online.

13 words

91. 14 words

Since the exam covers three chapters, the tutor recommended reviewing notes and practice problems.

14 words

92. 14 words

When the library extends its hours during finals, guards patrol the entrances more often.

14 words

93. 13 words

The advisor warned that skipping orientation might delay access to the registration portal.

13 words

94. 14 words

Although the cafe raised its prices slightly, students still praise the new seasonal drinks.

14 words

95. 14 words

Because the elevator serves the accessible entrance, staff ask that furniture never block it.

14 words

96. 14 words

The professor clarified that the group project counts more heavily than any single quiz.

14 words

97. 13 words

Since the study lounge lacks outlets, facilities promised to install charging stations soon.

13 words

98. 14 words

When the campus loses power, emergency lights guide students toward the marked stairwell exits.

14 words

99. 14 words

The coordinator explained that clubs requesting funding must submit budgets before the committee meets.

14 words

100. 14 words

Although the lecture ran overtime, the professor promised to release the remaining slides online.

14 words

What this pack is, and is not

Every question in these files is a Reach120 practice item taken from the bank our learners practise against. None of them is a real TOEFL test question, and nothing here is published, licensed, endorsed or reviewed by ETS.

Format statements in this file carry the date the ETS 2026 test specifications were read. The specification is subject to minor revisions until the official launch, so a pack older than the material it samples is re-rendered rather than patched — which is why the cover carries a generation date.

Where a band appears beside a sample response it is a Reach120 estimate produced by our own scoring, never an ETS score. Word ranges are Reach120 pacing targets for practice, never requirements or limits.

The scored version of this material

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