

Build a consistent reading habit in one month

Premium **2025**

30-DAY SYSTEM

Complete Calendar Inside

HOW IT WORKS

Time per day: 10–20 minutes

Where: same place (reading "spot" – bed, couch, comfy chair)

What: any age-appropriate book – preferably from your reading list

Tools:

- This calendar
- Stickers / smiley faces / ticks
- One pen or highlighter

Rule:

"You only get the sticker if you hit that day's mini-target."

30-DAY MICRO-TARGET CALENDAR

WEEK 1 – EASY WINS (BUILD THE MUSCLE)

Day 1 – Launch

- Read 5 pages or 10 minutes
Write the book title at the top of your chart

Day 2 – Meet the Characters

- Read 5–10 pages
Say out loud: "The main character is _____. One thing about them is ____."

Day 3 – Picture It

- Read 10 minutes
Draw a tiny sketch of your favourite scene (30 seconds only)

Day 4 – Cliffhanger Day

- Read until something interesting happens (at least 5 pages)
Stop there on purpose

Day 5 – Double-check

- Read 10–15 minutes
Tell someone: "So far, this book is about ____."

Day 6 – Favourite Line

- Read 10 minutes
Pick one sentence you liked and underline it or copy it

Day 7 – Week 1 Review

- Read as many pages as your age (e.g. 10-year-old = 10 pages)
Put a big star sticker for completing Week 1

30-DAY MICRO-TARGET CALENDAR

WEEK 2 – STAMINA & UNDERSTANDING

Day 8 – Time Challenge

- Set a timer for 15 minutes. Read until it rings – no phone, no breaks

Day 9 – Who / What / Where

- Read 10 minutes

Answer: Who is in the scene? What are they trying to do? Where are they?

Day 10 – Feeling Check

- Read one full chapter (or 8–10 pages)

Ask: "How does the main character feel right now? Which words show this?"

Day 11 – New Word Hunt

- Read 10–15 minutes

Find 1 new/interesting word. Write it and its meaning in your own words

Day 12 – Mini Summary

- Read 10 minutes

Write two sentences starting with: "First..." "Then..."

Day 13 – Read Somewhere New

- Read 10–15 minutes in a different spot (park, balcony, different room)

Just to keep it fun

Day 14 – Week 2 Review

- Read until you've finished the current chapter (15–20 minutes)

Big star for 2 weeks of consistency

30-DAY MICRO-TARGET CALENDAR

WEEK 3 – DEEPER THINKING

Day 15 – Why Did They Do That?

- Read 10–15 minutes

Pick one action: "Why did [character] do [action]? I think it's because ____."

Day 16 – Prediction Time

- Read up to a tense moment

Stop and write one sentence predicting what happens next

Day 17 – Change of Heart

- Read 10–15 minutes

Ask: "Has any character changed since the start? How?"

Day 18 – Compare & Contrast

- Read one chapter

Then: "I am similar to [character] because..." "I am different because..."

Day 19 – Reason & Result

- Read 10–15 minutes

Choose one event: "This happened because..." "As a result..."

Day 20 – Quote & Comment

- Read 10 minutes

Pick dialogue: "This shows [character] is [trait] because [reason]."

Day 21 – Week 3 Review

- Read as many minutes as your age (e.g. 11-year-old = 11 mins)

Reward: small treat or extra reading time!

30-DAY MICRO-TARGET CALENDAR

WEEK 4 – WRITER'S EYE & WRAP-UP

Day 22 – Opening Trick

- Read the first page again

Ask: "How did the writer hook me in?" Then read 10 more minutes

Day 23 – Description Hunt

- Read 10–15 minutes

Find one great description. Underline it. "Which sense is this using?"

Day 24 – Turn It Into a Summary

- Read to the end of a chapter

Then summarise the whole chapter in 3 bullet points

Day 25 – New Angle

- Read 10–15 minutes

"Whose POV is this from? How would it change from another character's POV?"

Day 26 – Theme Spotting

- Read 10–15 minutes

"What is this story trying to teach? (e.g. friendship, courage, fairness?)"

Day 27 – Favourite Character Speech

- Read 10–15 minutes. Pretend you are your favourite character

Say: "My name is ___ and this is what I really want..."

Day 28 – Finish (or Get Close)

- Read enough to either: finish the book, OR reach the last 1–2 chapters

Day 29 – Ending Reflection

- Finish the book (if not already)

Answer: "Did you like the ending? Why / why not? What would you change?"

Day 30 – Victory Lap

- Re-read your favourite 2–3 pages or scene

Fill in the 30-Day Medal on your sticker chart!

30-DAY STICKER / TICK CHART

Name: _____ Book(s): _____

Day	Target Hit? (✓)	Notes
1		
2		
3		
4		
5		
6		
7 ■ Week 1		
8		
9		
10		
11		
12		
13		
14 ■ Week 2		
15		
16		
17		
18		
19		
20		
21 ■ Week 3		
22		
23		
24		
25		
26		
27		
28		
29		
30 ■ Medal		

PARENT GUIDE – HOW TO MAKE IT STICK

Same time, same place

e.g. "After dinner, on the couch, 10–15 minutes"

- Habit works better than motivation

No arguing about which book mid-challenge

- Let them change book only at the end of a week, not every day
- If a book truly isn't working, swap – but keep the daily reading habit

Praise the streak, not the page number

"I'm proud you read 7 days in a row" is more powerful than "Good, 20 pages"

Use micro-rewards after each week

- Week 1: choose dessert / movie
- Week 2: choose reading spot (blankets, pillows)
- Week 3: small treat (favourite snack)
- Week 4: celebration (library/bookshop trip)

If they complete this once, you've already won!

You've proven they can read almost every day, think about what they read, and stick to a plan. That's the 30-Day Reading Challenge Calendar™ promise!