

# **Build a consistent reading habit**

## **in one month**

Premium **2025**

**30-DAY SYSTEM**

Complete Calendar Inside

## HOW IT WORKS

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**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

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### 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

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### 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

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### 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

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### 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

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### 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!*