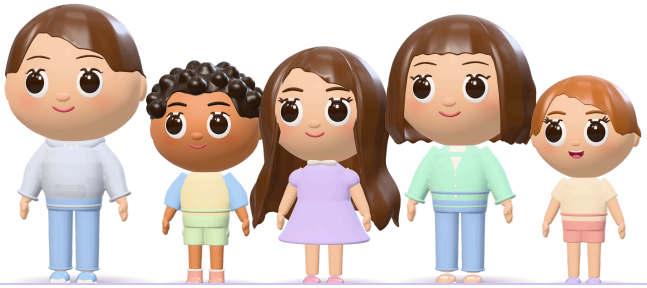
Habit Party

30-Day Family Habit Challenge

Good habits are better together.



draw it

Name _____

My habit _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

draw it

Name _____

My habit _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

draw it

Name _____

My habit _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

draw it

Name _____

My habit _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

draw it

Name _____

My habit _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

✓ I did it ☺ I tried Rest day (it's OK) Family check-in

When we finish, we'll celebrate by: _____

Habit Party habitparty.com · © 2026 Lindon Digital (Chore Coach LLC) · Free to print for personal and classroom use

Habit Party

How the challenge works

Kids have chores, grown-ups have habits, and every check moves the whole family party forward. It takes about a minute a day.



1

Everyone picks one small habit

Choose something that takes a few minutes. Write it on your row, or draw it.

2

Check it off each day

Mark a check when you do it and a smile when you try. Rest days are OK.

3

Cheer each other on

Talk about effort, not perfection. Say what you saw someone do.

4

Celebrate together at the end

On day 30, do the celebration your family wrote at the bottom of the tracker.

Habit ideas

Pick one of these, or make up your own.



Kids 4–6

- ○ Make my bed
- ○ Put toys away
- ○ Brush teeth
- ○ My idea: _____



Kids 7–10

- ○ Pack my backpack
- ○ Read 20 minutes
- ○ Put clothes away
- ○ My idea: _____



Grown-ups

- ○ Read 10 minutes
- ○ Take a walk
- ○ Phone down at dinner
- ○ My idea: _____

Words that cheer effort

Name the effort you noticed.

You kept going! **You remembered!**

Step by step! **That took effort!**

These work for grown-ups too.

Weekly 5-minute family check-in

On days 7, 14, 21 and 28, the speech bubbles on your tracker. Jot a word or two.

	Week 1 day 7	Week 2 day 14	Week 3 day 21	Week 4 day 28
What did you try this week?				
What was hard?				
What helped?				

Track it in the **Habit Party** app — coming soon for iPhone and iPad.

Habit Party

Our Family Party

This certificate celebrates

The _____ **Family**

We worked on our habits together for 30 days.

30
days together



We celebrated by: _____

Date	Signed	Signed



Habit Party habitparty.com · © 2026 Lindon Digital (Chore Coach LLC) · Free to print for personal and classroom use