



Keep brains awake during summer with a little of each, every day. Doesn't have to be long — 15 minutes is plenty.

DAILY PLAN

Read

15–30 min

Anything! Books, comics, magazines, recipes.

Math/logic

10–20 min

Math facts, puzzles, board games, cooking measurements.

Creative

20–60 min

Build, draw, write, perform, invent.

Outside time

30+ min

Backyard, park, walk, bike, water play.

New skill

Optional

Cartwheel, knot, recipe, magic trick, song.

TRACK THE WEEK

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Read | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Math/logic | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Creative | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Outside | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| New skill | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



Friday treat for a full week:

Stay flexible — life happens. The streak that matters is showing up most days.