



Your Name: _____ Your Age: _____

Your Goal (in hours): _____ Today's Date: _____

Directions: Use this form to track the total number of minutes you read. For every **30 minutes** fill in a circle. Once you complete a row, you are one step closer to your goal!

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 5 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 10 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 15 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 20 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 25 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 30 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 35 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 40 hours

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ = 45 hours