



A SMALL START

One week. Three family quests.

Choose three specific tasks together. Write down what "done" looks like. Mark each completed quest and celebrate the effort.

Our quests

1. Quest + finish line

2. Quest + finish line

3. Quest + finish line

Quest	M	T	W	T	F	S	S
My first quest	☐	☐	☐	☐	☐	☐	☐
My second quest	☐	☐	☐	☐	☐	☐	☐
My third quest	☐	☐	☐	☐	☐	☐	☐

Our family reward

Something we choose together:

Missed a day? Leave it blank and begin again.
Family activity sheet · Parents choose the rules and rewards.
lvlupkids.com · On the App Store for iPhone and iPad

