



_____ is Building Reading Muscles!

*Fill in the date that you read in each gray box below. Use a timer to check how long you have read.
Color in the boxes to show how long you have read. Keep building those reading muscles!*

Time Read					
25 min					
22 min					
20 min					
18 min					
15 min					
12 min					
10 min					
7 min					
5 min					

My reading goal this week: _____ minutes!

I met my goal!

I'll keep working!

SAMPLE

Tommy is Building Reading Muscles!

*Fill in the date that you read in each gray box below. Use a timer to check how long you have read.
Color in the boxes to show how long you have read. Keep building those reading muscles!*

Time Read					
25 min					
22 min					
20 min					
18 min					
15 min					
12 min					
10 min					
7 min					
5 min					

My reading goal this week: 45 minutes!

I met my goal!

I'll keep working!