

Certificate of

Award

This Certificate Celebrates

.....

for

Breaking the Habit!

Signed: Date:

StopThumbSucking.org

Motivational Calendar

Break the habit by tracking progress daily

Name: _____



HOW TO USE THIS IN 5 STEPS

- 1 Fill in your child's name
- 2 Hang in a visible location
- 3 Use a pen to fill in dates
- 4 For best results, record progress every day using stickers
- 5 Talk with your child about why you are using this chart. Get your child excited about tracking progress. Together, set a goal to break the habit! Give them a small weekly reward.



Week 1

	M	T	W	TH	F	S	S
Date							

Week 2

	M	T	W	TH	F	S	S
Date							

Week 3

	M	T	W	TH	F	S	S
Date							



Week 4

	M	T	W	TH	F	S	S
Date							

Week 5

	M	T	W	TH	F	S	S
Date							

Week 6

	M	T	W	TH	F	S	S
Date							

