

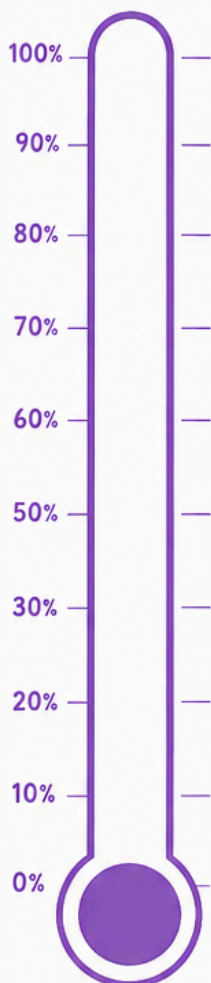
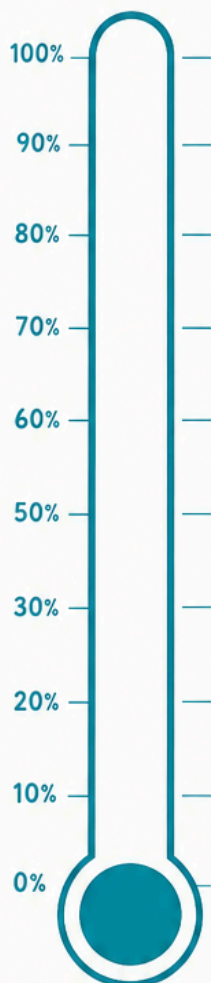
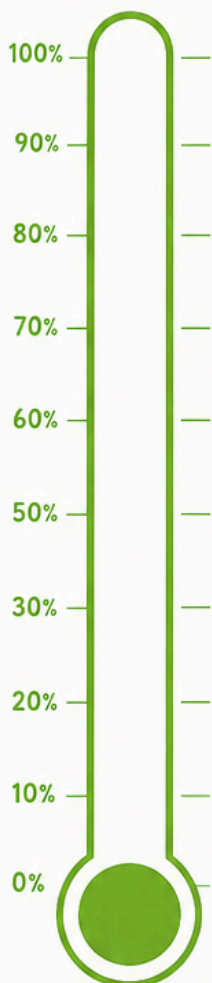
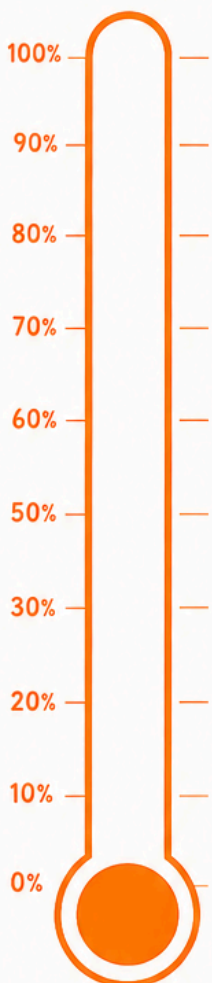
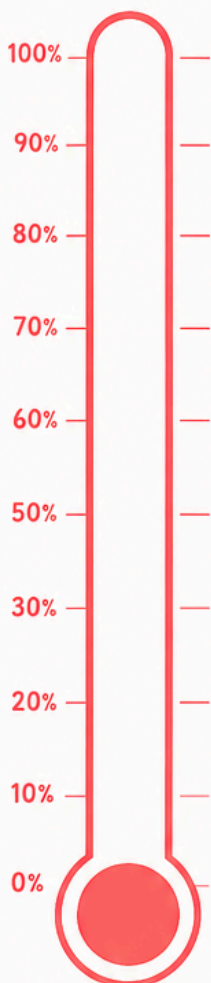


SUMMER

GOAL CHART



SET GOALS. TAKE ACTION. MAKE IT A SUMMER TO REMEMBER! ❤️



MY GOAL:

MY GOAL:

MY GOAL:

MY GOAL:

MY GOAL:

GOAL IDEAS BY AGE RANGE

GOAL CATEGORY	AGES 7-9	AGES 10-13	AGES 14-16
Reading	10 books	15 books	20 books
Duolingo	Complete 1 unit	Complete 2-3 units	Complete 1 full section
Physical Activity	250,000 steps	500,000 steps	750,000-1,000,000 steps
Outdoor Time	50 hours outside	75 hours outside	100 hours outside
Science/STEM	Complete 1 project	Complete 1 fair-worthy project	Complete competition-level project
Creative Arts	20 drawings/crafts	30 creations	Build a portfolio piece
Music Practice	20 practice sessions	40 sessions	60 sessions
Acts of Service	20 acts of kindness	30 acts of kindness	50 acts of kindness
Family Time	20 game nights	25 family activities	30 family activities
Cooking	Learn 5 recipes	Learn 10 recipes	Cook 15 meals independently
Nature	Identify 25 plants/animals	Identify 50	Create a field guide of 75+
Writing	Write 10 stories/journal entries	20 entries	30 entries
Swimming	20 swims	30 swims	40 swims
Bible/Devotional	Read 5 Bible stories	Read 1 Gospel	Read entire New Testament book
Photography	Take 100 photos	Create 5 photo collections	Build a themed photo portfolio
Learning Life Skills	Learn 5 new skills	Learn 10 new skills	Master 15 life skills
Entrepreneurship	Earn \$25	Earn \$100	Earn \$250+
Gardening	Grow 3 plants	Grow 5 plants	Maintain a garden bed
Adventure	Visit 5 new places	Visit 10 new places	Plan 10 adventures

ADDITIONAL GOAL IDEAS BY CATEGORY

Learning

- Memorize all state capitals
- Learn the constellations
- Learn basic sign language
- Learn 100 Spanish words
- Complete a typing course
- Learn chess strategy
- Learn to solve a Rubik's Cube
- Complete a coding course
- Learn astronomy basics
- Learn to identify rocks and minerals

Physical Health

- Ride 100 miles on a bike
- Complete a 5K
- Do 100 pushups (over time)
- Improve flexibility
- Hike 20 miles
- Master a new sport
- Learn to paddleboard or kayak
- Practice archery
- Learn proper strength training

Creative

- Design a board game
- Write a comic book
- Build a marble run
- Create a stop-motion movie
- Learn origami
- Make a family cookbook
- Design a 3D-printed invention
- Paint a mural
- Create a photo book

Science & Engineering

- Enter 4-H project judging
- Enter the science fair
- Build a weather station
- Track night sky observations
- Launch model rockets
- Build a solar oven
- Grow crystals
- Create a habitat study
- Build a robot
- Conduct a month-long experiment
- Physical Activity

Science & Engineering

- Enter 4-H project judging
- Enter the science fair
- Build a weather station
- Track night sky observations
- Launch model rockets
- Build a solar oven
- Grow crystals
- Create a habitat study
- Build a robot
- Conduct a month-long experiment

Life Skills

- Learn laundry
- Learn basic sewing
- Learn budgeting
- Learn meal planning
- Learn basic home repairs
- Learn first aid
- Learn map reading
- Learn public speaking
- Learn how to write professional emails

Misc.

- Reach a specific Duolingo level
- Read a certain number of books
- Complete a science fair project
- Create a 3D-printed invention
- Build a wooden project
- Complete a debate/public speaking challenge
- Learn a bass guitar song list
- Create a solar system presentation
- Complete a nature journal
- Build a backyard engineering project
- Create a family game night tournament
- Learn enough astronomy to identify 10 constellations

Summer