Cut out the 10 cards. Use one card for 3 days.

Days 1–3

- [ ] Day 1 _____
- [ ] Day 2 _____
- [ ] Day 3 _____

Days 4–6

- [ ] Day 4 _____
- [ ] Day 5 _____
- [ ] Day 6 _____

Days 7–9

- [ ] Day 7 _____
- [ ] Day 8 _____
- [ ] Day 9 _____

Days 10–12

- [ ] Day 10 _____
- [ ] Day 11 _____
- [ ] Day 12 _____

Days 13–15

- [ ] Day 13 _____
- [ ] Day 14 _____
- [ ] Day 15 _____

Days 16–18

- [ ] Day 16 _____
- [ ] Day 17 _____
- [ ] Day 18 _____

Days 19–21

- [ ] Day 19 _____
- [ ] Day 20 _____
- [ ] Day 21 _____

Days 22–24

- [ ] Day 22 _____
- [ ] Day 23 _____
- [ ] Day 24 _____

Days 25–27

- [ ] Day 25 _____
- [ ] Day 26 _____
- [ ] Day 27 _____

Days 28–30

- [ ] Day 28 _____
- [ ] Day 29 _____
- [ ] Day 30 _____

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