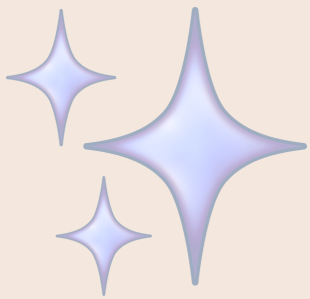


30 DAY CONFIDENCE TRACKER

**CELEBRATE SMALL WINS.
BUILD BIG CONFIDENCE.**

Build your Child's confidence in math one small win at a time. Use this tracker to record daily improvements in effort, persistence and mindset. Print it out and start tracking those small victories, no matter how small.

Every day for the next 30 days:



1. Ask your child to rate their math confidence on a scale of 1-10.
2. Record one "win" from math time (even tiny ones count!).
3. At the end of each week, reflect on what changed.

By the end of 30 days, you'll have living proof that confidence grows when we notice it—and the momentum to keep going.

 **Parent Tip:** Wins don't need to be huge. Sometimes the win is "We tried again after a mistake" or "Homework took 10 minutes less." Celebrate every step forward.

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WEEKLY REFLECTIONS

USE THESE PROMPTS AT THE END OF EACH WEEK TO SPARK CONVERSATION AND NOTICE PROGRESS TOGETHER.

Week 1 Prompt:

What mistake taught you the most this week?

Week 2 Prompt:

What did you try differently this week?

Week 3 Prompt:

When did you surprise yourself with persistence?

Week 4 Prompt:

How is math starting to feel different?

Quick Win Inspiration :

- ✓ "Attempted 3 problems without tears."
- ✓ "We celebrated a mistake and laughed about it."
- ✓ "They found their own way to solve a problem."
- ✓ "Homework took half the time it used to."
- ✓ "Yesterday: 45 minutes of tears over 3 problems. Today: 15 minutes, 5 problems, and she asked if we could do one more 'for fun.'"

If progress stalls or red flags keep showing up (persistent meltdowns, avoidance, or struggles that don't improve), that's not a failure—it's information. That's when professional support can turn effort into transformation.



WEEKLY WIN CARDS

Track your child's progress through the 30 day confidence challenge with these weekly wins - perfect for celebrating and sharing

WEEK 1 WIN (FOUNDATIONS)

"This week's win: My child attempted problems without shutting down — fewer tears, more trying."

WEEK 2 WIN (SHIFTING MINDSET)

"This week's win: We turned a mistake into a learning moment... and even laughed about it."

WEEK 3 WIN (CONFIDENCE GROWING)

"This week's win: My child found their own way to solve a problem and was proud of it."

WEEK 4 WIN (MOMENTUM)

"This week's win: Homework took less time — and felt way less stressful."

BONUS “SHARE MAGNET” WIN (BREAKTHROUGH)

"This week's win: Yesterday it was 45 minutes of tears over 3 problems. Today it was 15 minutes, 5 problems, and she even asked to do one more 'for fun.'"