

My Thumb-Free Nights

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Add a star ☆ to the chart after each succesful night.

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT
1st							
2nd							
3rd							
4th							
5th							
6th							
7th							
8th							
9th							
10th							
11th							
12th							
13th							
14th							
15th							
16th							
17th							
18th							



☆ The stars mean I am learning...

WHAT A DEAL I HAVE MADE!

If I can sleep ___ nights within the next ___ months without sucking my thumb,
I will earn _____!