

August Parent Challenge Tracker

15 Minutes That Matter

Spend 15 uninterrupted minutes with your teen each day this week.

Parent Name:

Challenge Rules

No Phones

No Lectures

Just Listen

Let Your Teen Lead the Conversation

Weekly Tracker

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Weekly Reflection

What did I learn about my teen this week?

What moment meant the most to us?

What will I continue next week?