

READ TO 20

AN 8-WEEK CHALLENGE TO BUILD YOUR READING STAMINA

START SMALL • KEEP GOING • FIND YOUR BOOK • READ FOR YOU

NAME		CLASS	

MY STARTING POINT:

THE LONGEST I CAN COMFORTABLY READ FOR RIGHT NOW IS _____ MINUTES.

MY READING GOAL:

I WANT READING TO BECOME _____.

**YOU DON'T HAVE TO BE A READER YET.
YOU JUST HAVE TO START.**



HOW READ TO 20 WORKS

THINK OF THIS LIKE COUCH TO 5K —BUT FOR YOUR READING BRAIN. START WITH A MANAGEABLE AMOUNT AND GRADUALLY BUILD YOUR STAMINA UNTIL 20 MINUTES FEELS NORMAL.

RULE	MY READ TO 20 RULES
1	YOU CHOOSE WHAT YOU READ.
2	READING FOR PLEASURE MEANS NO QUESTIONS AFTERWARDS.
3	IF YOU DON'T LIKE A BOOK, YOU CAN CHANGE IT.
4	SHORT SESSIONS COUNT.
5	MISSING A DAY DOES NOT MEAN YOU HAVE FAILED.
6	DON'T COMPARE YOUR READING WITH ANYONE ELSE'S.
7	THE GOAL IS TO BECOME SOMEONE WHO READS — NOT TO WIN A COMPETITION.

TWO ROUTES — CHOOSE THE ONE THAT FITS YOU

STARTER

FOR READERS WHO ARE JUST GETTING STARTED OR FIND READING DIFFICULT TO STICK WITH.

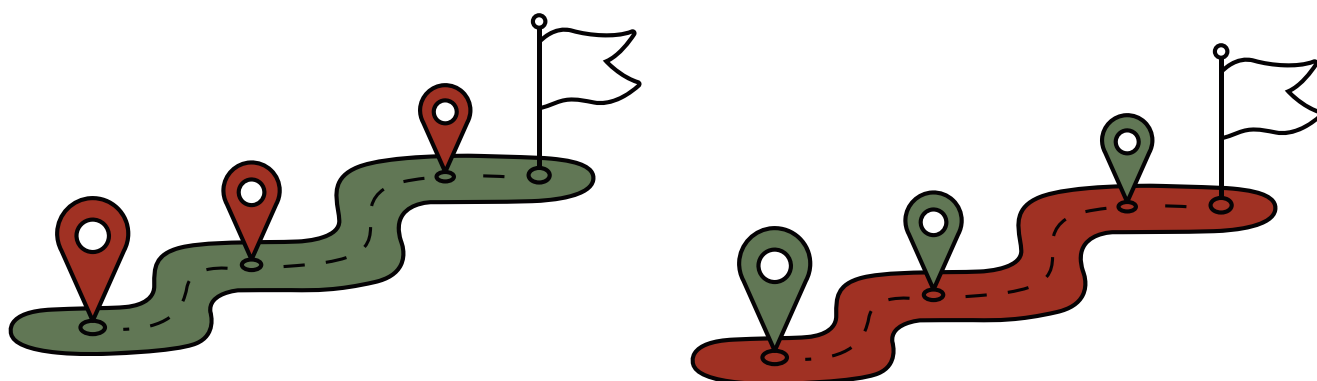
GOAL: 5 → 20 MINUTES

BUILDER

FOR READERS WHO ALREADY READ SOMETIMES AND WANT TO MAKE IT A REGULAR HABIT.

GOAL: 10 → 20+ MINUTES

REMEMBER: YOU CAN MOVE BETWEEN ROUTES. IF YOUR TARGET FEELS TOO EASY, MOVE UP. IF IT FEELS TOO HARD, STEP BACK. THAT IS TRAINING — NOT FAILING.



Your 8-week training plan

The target is consistency, not perfection. A missed day is not a reason to give up.

Week	STARTER	BUILDER	Focus
1	5 mins × 3	10 mins × 5	Find your book
2	7 mins × 4	12 mins × 5	Build the habit
3	10 mins × 4	15 mins × 5	Beat distraction
4	12 mins × 5	15 mins × 6	Try something new
5	15 mins × 5	18 mins × 6	Read deeper
6	15 mins × 6	20 mins × 6	Make time for reading
7	18 mins × 6	20 mins × 7	Read independently
8	20 mins × 7	20+ mins × 7	Read to 20!

My 8-week promise

I will try to make reading part of my free time. I will choose books that interest me, give myself permission to change books, and keep going even if I miss a day.

Signed: _____ Date: _____



Book Tasting: Find your next read

Try 6 different books. Spend about 3 minutes with each: look at the cover, read the blurb and sample the first page. You are looking for a book that makes you want to turn the page.

BOOK	TITLE / AUTHOR	3 WORDS ABOUT IT	VERDICT
1			♥
2			♥
3			♥
4			♥
5			♥
6			♥

My top 3:

1. _____

2. _____

3. _____

The one I will try first: _____



BOOK EMERGENCY

My book isn't working for me. That's OK.

A book can be brilliant and still be the wrong book for you right now.

- | |
|--|
| ☐ Give it another 10 pages. |
| ☐ Ask a friend for a recommendation. |
| ☐ Ask your teacher or librarian. |
| ☐ Try a completely different genre. |
| ☐ Try a graphic novel, manga or illustrated book. |
| ☐ Try something shorter. |
| ☐ Try non-fiction, a magazine or an article. |
| ☐ Re-read an old favourite. |

Remember:

You haven't failed if you abandon a book. You've failed only if you decide that you don't like reading because you haven't found the right book yet.



WEEK 1

Find your book

This week's target: STARTER 5 mins | BUILDER 10 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: What made you want to keep reading?

😊 Loved it 😊 Enjoyed it 😐 OK 😞 Difficult 🙅 Not for me



WEEK 2

Build the habit

This week's target: STARTER 7 mins | BUILDER 12 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: When could you fit reading into your day?

😊Loved it 😊 Enjoyed it 😐 OK 😞 Difficult 🙅 Not for me



WEEK 3

Beat distraction

This week's target: STARTER 10 mins | BUILDER 15 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: What distracts you? What could you change?

😊Loved it 😊 Enjoyed it 😐 OK Difficult 😞 Not for me 👎



WEEK 4

Try something new

This week's target: STARTER 12 mins | BUILDER 15 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: Could you try a different genre or format?

😊 Loved it 😊 Enjoyed it 😊 OK Difficult 😞 Not for me 👎



WEEK 5

Read deeper

This week's target: STARTER 15 mins | BUILDER 18 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: What part of your book has stayed in your mind?

😊Loved it 😊 Enjoyed it 😐 OK 😞 Difficult 😡 Not for me 👎



WEEK 6

Make time for reading

This week's target: STARTER15 mins | BUILDER 20 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: Where and when do you enjoy reading most?

😊Loved it 😊 Enjoyed it 😐 OK Difficult 😞 Not for me 👎



WEEK 7

Read independently

This week's target: STARTER18 mins | BUILDER 20 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: Can you choose reading without being reminded?

☺️Loved it 😊 Enjoyed it 😐 OK 😞 Difficult ☹️ Not for me 🙅



WEEK 8

Read to 20!

This week's target: STARTER 20 mins | BUILDER 20 mins

My target: ☐ Starter ☐ Builder My book: _____

DAY	WHAT DID I READ?	MINUTES	HOW DID I FEEL?
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Longest session: _____ minutes Reading streak: _____ days

Weekly reflection: How has your reading changed since Week 1?

😊Loved it 😊 Enjoyed it 😐 OK Difficult 😞 Not for me 👎



I REACHED 20!

Congratulations! You have trained your reading stamina.

Take a few minutes to look back at your passport.

My starting reading stamina
_____ minutes

My longest reading session
_____ minutes

The book I enjoyed most

A book I would recommend

The kind of reading I enjoy most

Something I discovered about myself

How do I feel about reading now?

☐ I enjoy it more ☐ I find it easier ☐ I read more often ☐ I have found books I like ☐ I'll keep trying

My next reading goal:

- ☐ Keep reading 20 minutes a day
- ☐ Try a new genre
- ☐ Read before bed
- ☐ Read more often
- ☐ Read a longer book
- ☐ Find another book I love
- ☐ Something else: _____

**YOU DON'T GRADUATE FROM READ TO 20.
YOU BECOME A READER.**

