

# Learning Acceleration 30-Day Challenge Tracker

One micro-challenge per day to build powerful study habits that stick

This 30-day challenge introduces one learning technique per day. Each micro-challenge takes 5-15 minutes. The goal is not perfection — it's exposure. By day 30 your child will have experienced every major evidence-based learning technique and can continue using the ones that clicked.

## 30-Day Challenge Calendar

DAY	CHALLENGE	DONE?
1	Blank Page Test: Write everything you know about a topic from memory. 5 min.	
2	Teach-Back: Explain today's lesson to a parent or sibling without notes.	
3	Make 10 flashcards for something you're learning. Self-test twice.	
4	Draw a mind map of a topic — no words allowed, only pictures and arrows.	
5	Set a 15-min timer. Study one subject for 5 min, switch, repeat x3.	
6	Read a chapter, close the book, write a 3-sentence summary from memory.	
7	REST DAY: No study challenge. Go play outside for 30+ minutes.	
8	Create a mnemonic (acronym, rhyme, or story) for something you need to remember.	
9	Interleave: Mix 3 different math problem types into one practice set.	
10	Use the Memory Palace technique to memorize a 10-item list.	
11	Write 5 questions about what you learned this week. Answer them without looking.	
12	Study while walking around the room. Explain concepts out loud as you move.	
13	Teach something to a stuffed animal using a whiteboard or paper.	
14	REST DAY: Play a board game that requires strategy (chess, Settlers, etc.).	
15	Review Day 3 flashcards. How many can you still get right?	
16	Draw a timeline of events or steps in a process from memory.	
17	Listen to an educational podcast or audiobook for 15 minutes. Summarize afterward.	
18	Dual coding: For 5 vocabulary words, draw a picture AND write the definition.	
19	Pre-test yourself on tomorrow's lesson BEFORE learning it.	
20	Use the Pomodoro technique: 25 min focused work, 5 min break.	

DAY	CHALLENGE	DONE?
21	REST DAY: Build or create something with your hands — Lego, art, cooking.	
22	Elaborative interrogation: For 5 facts, ask and answer 'Why is this true?'	
23	Spaced review: Go back to Day 1's blank page topic. How much more do you remember now?	
24	Create a song or rap about something you need to memorize.	
25	Concrete examples: For 3 abstract concepts, find a real-world example of each.	
26	Mixed practice: Combine reading, writing, and speaking about the same topic.	
27	Self-explanation: Read a worked example. Explain each step and WHY it works.	
28	REST DAY: Visit a museum, library, or nature spot. Just be curious.	
29	Pick your 3 favorite techniques from this month. Use all 3 in one study session.	
30	Final blank page test: Pick the hardest topic from this month. Write everything.	

## Challenge Completion Tracker

WEEK 1 (DAYS 1-7)

\_\_\_ / 6 challenges completed

WEEK 2 (DAYS 8-14)

\_\_\_ / 6 challenges completed

WEEK 3 (DAYS 15-21)

\_\_\_ / 6 challenges completed

WEEK 4 (DAYS 22-28)

\_\_\_ / 6 challenges completed

DAYS 29-30

\_\_\_ / 2 challenges completed

TOTAL

\_\_\_ / 26 challenges completed

Top 3 techniques that worked best for my child:

---



---



---

Techniques to continue using daily:

---



---



---

Missing a day is fine. Quitting is the only failure. If your child resists a challenge, let them modify it. The goal is exposure to the technique, not perfect execution.

---

© 2026 Avaneuro · avaneuro.com · For educational purposes only. Not medical advice.