



# KINDNESS TRACKER

NAME:

Month:	S	M	T	W	T	F	S
Week 1:							
Week 2:							
Week 3:							
Week 4:							

**KINDNESS HABIT:**

Directions: Thoughtfully brainstorm a small act of kindness that you can complete every day (example: help make dinner, walk the dog, say thank you when being helped) and keep track of the days that you complete this kind act. By the end of the month, you will have completed around 30 full days of consistent kindness, and you are well on your way to a kindness habit! Share your Kindness tracker using the hashtag

**#AIKKindnessHabit** for the chance to **WIN** a free kindness t-shirt!