7-7-7 Parent Connection Calendar

Use this blank tracker calendar to plan and track your daily 7-7-7 connection sprints with your child. Aim for 7 uninterrupted, distraction-free minutes during each of the 3 key transition times each day.

4-Week High-Level Habit Tracker Grid

Use this checkbox grid for quick daily check-offs across the month:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed
Week 2	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed
Week 3	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed
Week 4	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed	☐ Morn ☐ Aft ☐ Bed

7-7-7 Rule Quick Reference

- **Morning (7 Mins):** Unhurried wake-up, morning cuddle, chatting over breakfast, or calm morning game.
- **After School / Reconnection (7 Mins):** Touch base, outdoor walk, healthy snack chat, active movement break, or sharing music.
- **Bedtime (7 Mins):** Unwind, cuddle, read stories, share daily highs/lows, practice quiet breathing or mindfulness.
- **Mindset Shift:** *"There's nothing in the world more important than what I'm doing right now. And I'm doing enough."*