



Reading for 20 minutes a day helps build a strong lifelong reading habit.

Use this sheet to track the time you spend reading, listening to audiobooks, or reading aloud to someone else this summer!

Time is tracked in 20-minute increments.

### Research shows that everyone benefits from time spent reading!

It's a self-care skill that can improve your sleep, reduce stress, build empathy, and strengthen critical thinking.

Try one of these ideas to spend more time reading:

- 1 Listen to an audiobook on your daily commute or while doing chores!
- 2 Spend 10 minutes of your lunch break at work reading an eBook on your phone!
- 3 Check out a cookbook and try new recipes in your weeknight dinners. The time you spend reading the recipes counts towards your summer reading goals!
- 4 Read to or with someone else. Minutes read with another person will count as minutes read for summer reading for both of you!

When you reach the 1, 5, 10, 15, and 20 hour markers, visit any library to claim your prize!  
Claim prizes between May 30 and August 1, 2026. Prizes are subject to change and available while supplies.