

Daily 5-Minute Warm-Up Tracker

Try a short session on any seven days. Missed days are fine. Record what you practiced, not a score.

1 minute

Settle your paper and write a familiar word.

3 minutes

Copy one short model, or a word of your own.

1 minute

Read your line. Choose one thing to try next time.

little lines

a calm hand

Session / date	What I practiced	Next time I will try
1 _____		
2 _____		
3 _____		
4 _____		
5 _____		
6 _____		
7 _____		

Keep it comfortable

A familiar pencil or pen is enough. Pause if your hand feels tired. Five minutes is a suggestion, not a target you must finish.

Print at 100% (actual size) on US Letter paper. For practice pages only, fit to A4 is also possible; it makes the writing guides slightly smaller. Font specimens show appearance, not stroke order or a certified school method. A learner who is new to cursive may need an adult to demonstrate a letter.

Personal, household, and one-classroom printing. Do not resell, upload, or redistribute the PDF. Font licenses are attached to the file; no installable font is sold.