



BEING THUMB & PACIFIER FREE IS THE GOAL FOR ME!

Name: _____ Date: _____

Your goal is to be thumb and pacifier free.
You can do it!

SUNDAY DOMINGO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SABADO
 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER
 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB
WEEK 2						
 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER
 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB
WEEK 3						
 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER
 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB
WEEK 4						
 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER	 PACIFIER
 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB	 THUMB

Hang this chart and write your name and day you started your promise to be thumb and pacifier free.

Put a star in the box when you go without your thumb or pacifier.

When you are thumb and pacifier free let Dr. Fletcher know and you will get a special prize!

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