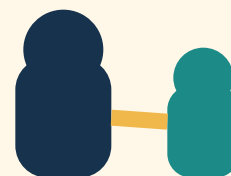


52-WEEK DAD CHALLENGE



One meaningful fatherhood challenge every week for a year

Inspired by The Year of the Dad by Michael D. Young

HOW IT WORKS

- Complete one challenge each week. Do them in order or adapt the sequence to your family.
- Check the box when you finish, then answer the short reflection question.
- Miss a week? Keep going. This is about becoming more intentional, not maintaining a perfect streak.

THE FOUR PARTS OF THE YEAR

- 1 Foundation: Show Up
- 2 Partnership: Pitch In
- 3 Connection: Make Memories
- 4 Faith, Service & Legacy

FOUNDATION: SHOW UP

Begin with presence, patience, and the small habits that tell your children they matter.

☐ WEEK 1 **Make Them the Priority**

Block out one hour this week that belongs completely to your kids. Let them choose how you spend it.

REFLECT: What usually competes with my children for my attention?

☐ WEEK 2 **Start a Family Night**

Set aside one evening for a simple family night: song, prayer or reflection, activity, treat, or just time together.

REFLECT: What would make a weekly family night realistic in our home?

☐ WEEK 3 **Learn One New Dad Skill**

Choose one fatherhood task you do not feel confident doing and practice it until it feels normal.

REFLECT: What skill would make me a more capable partner and father?

☐ WEEK 4 **Turn Off the Phone**

Create one daily phone-free window when your children know they have your full attention.

REFLECT: When am I most tempted to let technology interrupt family time?

☐ WEEK 5 **Encourage More Than You Correct**

Look for at least one specific thing to praise in each child every day this week.

REFLECT: Do my children hear approval from me as often as they hear correction?

FOUNDATION: SHOW UP

☐ WEEK 6 Practice the Ten-Second Pause

When frustration rises, pause before responding. Count, breathe, pray, or step away long enough to answer calmly.

REFLECT: What situations trigger my temper most quickly?

☐ WEEK 7 Read Together

Read aloud with your child at least three times this week, even if only for ten minutes.

REFLECT: What kinds of stories help us connect?

☐ WEEK 8 Listen Without Fixing

Give each child ten uninterrupted minutes to talk while you ask questions and resist solving the problem unless invited.

REFLECT: What does this child usually need from me: advice, comfort, or simply attention?

☐ WEEK 9 Share Something From Your Childhood

Tell your kids a true story about something you loved, feared, learned, or messed up when you were their age.

REFLECT: Which parts of my own childhood can help my children understand me?

FOUNDATION: SHOW UP

☐ WEEK 10 **Pass Down Some Music**

Play music you loved growing up and tell your children why it matters to you. Then let them share something they love.

REFLECT: What pieces of myself do I want to pass down?

☐ WEEK 11 **Create a Dad-and-Kids Outing**

Take the kids out with you for an hour. It can be an adventure or simply errands made fun.

REFLECT: What simple outing would my kids genuinely enjoy?

☐ WEEK 12 **Say “I Love You” Specifically**

Tell each child one thing you love about who they are, not just what they do.

REFLECT: What strengths do I see growing in each child?

☐ WEEK 13 **Take Stock of the First Quarter**

Review the past twelve weeks. Choose one habit worth keeping for the rest of the year.

REFLECT: What change has already made the biggest difference?

Build confidence by noticing needs, learning skills, and carrying family life as a true partner.

☐ **WEEK 14** **Own a Daily Chore**

Choose one recurring household task and take full responsibility for noticing and completing it this week.

REFLECT: Where can I stop waiting to be asked?

☐ **WEEK 15** **Pack the Go-Bag**

Organize or refresh the diaper bag, kid bag, or family outing bag so it is ready before you need it.

REFLECT: What small preparation would reduce stress in our family?

☐ **WEEK 16** **Build a Car Emergency Kit**

Put together a permanent vehicle kit with the items your family is most likely to need unexpectedly.

REFLECT: What has caught us unprepared before?

☐ **WEEK 17** **Cook Breakfast**

Make a special family breakfast and invite the kids to help with age-appropriate jobs.

REFLECT: What food tradition could become “our thing”?

☐ **WEEK 18** **Do the Laundry Start to Finish**

Take one complete load from hamper to folded and put away, including stain treatment when needed.

REFLECT: Which invisible household tasks do I tend to overlook?

PARTNERSHIP: PITCH IN

☐ WEEK 19 **Teach a Practical Skill**

Teach a child something useful: tying shoes, a necktie, basic grooming, cooking, cleaning, or a simple repair.

REFLECT: What did someone patiently teach me that I can pass on?

☐ WEEK 20 **Fix Something Together**

Choose a small repair or maintenance job and involve a child in the process instead of doing it alone.

REFLECT: How can I make work feel like mentoring rather than interruption?

☐ WEEK 21 **Support Your Spouse's Goal**

Make concrete room this week for your spouse to pursue an interest, project, friendship, or needed rest.

REFLECT: What sacrifice from me would create space for something important to my spouse?

☐ WEEK 22 **Plan "Us" Time**

Plan intentional time with your spouse, even if it happens at home after the kids are asleep.

REFLECT: What helps us reconnect instead of merely coexisting?

PARTNERSHIP: PITCH IN

☐ WEEK 23 Recharge Wisely

Take a healthy block of personal time so you can return to family responsibilities refreshed rather than depleted.

REFLECT: What genuinely restores me?

☐ WEEK 24 Help With Homework Without Taking Over

Sit beside your child, help organize the work, and model how to find answers instead of doing the task for them.

REFLECT: Am I teaching independence or rescuing too quickly?

☐ WEEK 25 Prepare for the Week

Spend fifteen minutes with your spouse or family reviewing schedules, meals, rides, activities, and likely pressure points.

REFLECT: Where could planning prevent frustration?

☐ WEEK 26 Take Stock of Partnership

Notice one job your spouse routinely carries that you could learn to share more fully.

REFLECT: Where have I accidentally become “the assistant” instead of a full partner?

CONNECTION: MAKE MEMORIES

Turn ordinary time into stories, traditions, laughter, and the memories your children will keep.

☐ WEEK 27 **Hold a Family Game Night**

Play something everyone can join, and let the kids rotate who gets to choose.

REFLECT: What makes competition fun rather than contentious in our family?

☐ WEEK 28 **Camp Close to Home**

Pitch a tent in the backyard or camp somewhere easy enough that the focus stays on being together.

REFLECT: What makes an adventure memorable to my kids?

☐ WEEK 29 **Have a Paper-Airplane Contest**

Build, test, redesign, and compete for distance, accuracy, or funniest flight.

REFLECT: When was the last time I played just for the sake of playing?

☐ WEEK 30 **Start a Family Tradition**

Create one repeatable ritual for birthdays, weekends, holidays, school milestones, or ordinary evenings.

REFLECT: What do I hope my children will someday recreate with their own families?

☐ WEEK 31 **Take Family Photos on Purpose**

Capture a few ordinary moments, not just special occasions, and save them somewhere you will actually revisit.

REFLECT: Which everyday moments will I miss someday?

CONNECTION: MAKE MEMORIES

☐ WEEK 32 **Plan a Bored-List Day**

Choose three simple activities your family has been meaning to do and complete them in one day.

REFLECT: What fun keeps getting postponed because we never schedule it?

☐ WEEK 33 **Get Outside Together**

Hike, bike, swim, walk, garden, fish, or simply explore somewhere new as a family.

REFLECT: Which outdoor activities bring out the best in us?

☐ WEEK 34 **Make Something With Your Kids**

Build, draw, bake, craft, paint, repair, or invent something side by side.

REFLECT: Do I allow room for mess, experimentation, and imperfect results?

☐ WEEK 35 **Create a Family Recognition Night**

Celebrate the progress and accomplishments of each family member with specific praise.

REFLECT: Does everyone in my family know I notice their effort?

CONNECTION: MAKE MEMORIES

☐ WEEK 36 Try a Screen-Free Half Day

Put recreational screens away for several hours and deliberately replace them with shared activities.

REFLECT: What do we naturally do together when screens are not the default?

☐ WEEK 37 Make Dinner an Event

Cook something together, set the table, and linger long enough for real conversation.

REFLECT: What helps our dinner table feel safe and enjoyable?

☐ WEEK 38 Plan One-on-One Time

Do something individually with one child who could use extra attention. Rotate children in future weeks.

REFLECT: What changes when I spend time with this child alone?

☐ WEEK 39 Take Stock of Your Memories

Ask your kids to name their favorite family moment from the past year and listen carefully to what they choose.

REFLECT: Are the memories I am creating the ones I intended to create?

FAITH, SERVICE & LEGACY

Finish the year by looking beyond yourself: toward God, other people, and what you will pass on.

☐ WEEK 40 Pray for Your Children by Name

Make your children and their current needs a deliberate part of your personal prayers this week.

REFLECT: What do I most hope God will help each child become?

☐ WEEK 41 Share a Scripture or Faith Story

Choose one passage or story that matters to you and explain why instead of turning it into a lecture.

REFLECT: What spiritual experiences have shaped the way I father?

☐ WEEK 42 Pay It Forward

As a family, do one anonymous or unexpected kindness for someone else.

REFLECT: How can I help my children notice people who need help?

☐ WEEK 43 Serve Together

Complete a family service project: yard work, a meal, cleanup, moving help, visiting, or another real need.

REFLECT: What did my children learn about compassion by doing rather than hearing?

☐ WEEK 44 Practice Gratitude

At dinner or bedtime, have everyone name one specific thing they are grateful for each day this week.

REFLECT: How does gratitude change the atmosphere in our home?

FAITH, SERVICE & LEGACY

☐ WEEK 45 **Repair a Relationship**

Apologize for something you handled poorly and make a concrete effort to repair it. Invite children to see that dads can own mistakes.

REFLECT: What would humility look like in this relationship?

☐ WEEK 46 **Write a “Reasons I Love You” Note**

Give each child a short handwritten note naming qualities, memories, and hopes you treasure.

REFLECT: What do I want my children to remember hearing from me?

☐ WEEK 47 **Strengthen a Grandparent Connection**

Call, visit, or interview a grandparent or older relative and ask for one family story or lesson.

REFLECT: Which stories might disappear if we do not ask now?

☐ WEEK 48 **Choose a Family Value**

Pick one value - kindness, courage, honesty, faith, work, patience, service - and deliberately model it all week.

REFLECT: Do my actions teach the same value my words teach?

FAITH, SERVICE & LEGACY

☐ WEEK 49 Identify What Must Stop With You

Choose one harmful habit, attitude, or family pattern you do not want passed to the next generation and make a plan to change it.

REFLECT: What legacy do I have the power to interrupt?

☐ WEEK 50 Name What You Want to Pass On

Write down five traditions, skills, beliefs, habits, or qualities you hope your children carry forward.

REFLECT: Am I actively teaching these things or merely hoping they absorb them?

☐ WEEK 51 Write a Letter to Your Future Children

Write a page for your children to read years from now about what you hope they remember from life with you.

REFLECT: What do I want them to know about my love for them?

☐ WEEK 52 Finish the Year With a Family Celebration

Celebrate completing the challenge. Share favorite weeks, funniest failures, and the habits you want to keep next year.

REFLECT: How am I different as a father than I was 52 weeks ago?

YOUR YEAR AT A GLANCE

Check the weeks again here as your year fills up.

☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
☐ 8	☐ 9	☐ 10	☐ 11	☐ 12	☐ 13	☐ 14
☐ 15	☐ 16	☐ 17	☐ 18	☐ 19	☐ 20	☐ 21
☐ 22	☐ 23	☐ 24	☐ 25	☐ 26	☐ 27	☐ 28
☐ 29	☐ 30	☐ 31	☐ 32	☐ 33	☐ 34	☐ 35
☐ 36	☐ 37	☐ 38	☐ 39	☐ 40	☐ 41	☐ 42
☐ 43	☐ 44	☐ 45	☐ 46	☐ 47	☐ 48	☐ 49
☐ 50	☐ 51	☐ 52				

YEAR-END REFLECTION

The challenge that changed me most: _____

A habit I want to keep: _____

A memory I want to remember: _____

One way my family grew closer: _____

My next step as a father: _____

52 WEEKS. ONE YEAR. COUNTLESS MOMENTS.

COMPLETION CERTIFICATE

This certifies that

completed The Year of the Dad 52-Week Dad Challenge
by showing up, pitching in, making memories, serving, and building a legacy.

THE ONE THING I WANT TO KEEP DOING:

Date: _____

Dad / Parent: _____

Keep going. The best dad habits are the ones your family wants to keep.

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