

30 Day Dad Challenge

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| <p>☐ Day 1: Highs and Lows
Ask: "What was the best part of your day? What was the hardest part?"</p> <p>☐ Day 2: Prayer Partner
Ask your child for one thing they want prayer for and pray together.</p> <p>☐ Day 3: Race Challenge
Have a short race outside. Running, hopping, crab walk, or whatever fits your child's age.</p> <p>☐ Day 4: Favorite Memory
Share your favorite memory of them and ask for one of theirs.</p> <p>☐ Day 5: Scripture Challenge
Read one short Bible passage and ask, "What stands out to you?"</p> <p>☐ Day 6: Teach Me Something
Let your child teach you something they know how to do.</p> <p>☐ Day 7: Compliment Day
Tell your child three specific things you appreciate about them.</p> <p>☐ Day 8: Future Dreams
Ask: "What do you want to be able to do someday?"</p> <p>☐ Day 9: Walk and Talk
Take a 15-minute walk together with no phones.</p> <p>☐ Day 10: Gratitude List
Come up with five things you're thankful for together.</p> <p>☐ Day 11: Family Story
Tell a story from your childhood that they've never heard before.</p> | <p>☐ Day 12: One-Minute Workout
Together, do 5 rounds of:</p> <ul style="list-style-type: none"> • 10 jumping jacks • 5 squats • 5 pushups <p>☐ Day 13: Ask for Advice
Ask your child: "What's something I could do to be a better dad?"</p> <p>☐ Day 14: Bless Someone
Write a quick note, text, or encouragement for another person.</p> <p>☐ Day 15: Character Talk
Ask: "What does it mean to be trustworthy?"</p> <p>☐ Day 16: Build Something
Build with blocks, Legos, sticks, cards, or anything available.</p> <p>☐ Day 17: Read Together
Read one chapter from a book or Bible story.</p> <p>☐ Day 18: Serving Challenge
Do one household chore together without being asked.</p> <p>☐ Day 19: Hero Conversation
Ask: "Who do you look up to and why?"</p> <p>☐ Day 20: Memory Verse
Learn one Bible verse together.</p> <p>☐ Day 21: Adventure Walk
Go outside and find:</p> <ul style="list-style-type: none"> • Something beautiful • Something interesting • Something that reminds you of God |
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- ☐ **Day 22: Ask Better Questions**
Ask:
 - What makes you laugh?
 - What worries you?
 - What excites you?
- ☐ **Day 23: Silent Minute**
Sit quietly for one minute and then discuss what each of you thought about.
- ☐ **Day 24: Create a Handshake**
Invent your own father-child handshake.
- ☐ **Day 25: Courage Story**
Share about a time you were afraid but did the right thing anyway.
- ☐ **Day 26: Dream Day**
Ask: "If we had an entire day together and no limits, what would we do?"
- ☐ **Day 27: Prayer Walk**
Walk through your house and pray for each family member.
- ☐ **Day 28: The Encouragement Challenge**
Each of you say one encouraging thing about every member of the family.
- ☐ **Day 29: Legacy Question**
Ask: "What kind of person do you want to become?"
- ☐ **Day 30: Blessing Night**
Place a hand on your child's shoulder, pray over them, and speak a blessing about who you believe God is shaping them to become.

Bonus Rule for All 30 Days

End every challenge by asking:

"What's one thing you want me to know about you that I might not know?"

Over 30 days, that single question will often produce deeper conversations than any activity. It teaches dads to listen, not just lead.