

# JOURNAL FODDER JUNKIES

## 15 for 30 Challenge Daily Progress Chart

Use the chart below to easily keep track of each day's challenge. You might want to cross them off as you complete them.

|   |   |   |                                     |  |
|---|---|---|-------------------------------------|--|
| <b>Day 1</b><br>Watercolor<br>Paint       | <b>Day 2</b><br>Rectangles<br>and Squares | <b>Day 3</b><br>Random<br>Collage         | <b>Day 4</b><br>Words               | <b>Day 5</b><br>Circles                            |
| <b>Day 6</b><br>Straight Lines            | <b>Day 7</b><br>Fills                     | <b>Day 8</b><br>Stencils and<br>Templates | <b>Day 9</b><br>Freewriting         | <b>Day 10</b><br>Watercolor<br>Pencil              |
| <b>Day 11</b><br>Windows and<br>Doors     | <b>Day 12</b><br>Watercolor<br>Textures   | <b>Day 13</b><br>Lists                    | <b>Day 14</b><br>Personal<br>Fodder | <b>Day 15</b><br>Spirals, Swirls,<br>and Squiggles |
| <b>Day 16</b><br>Observational<br>Drawing | <b>Day 17</b><br>Painting with<br>Markers | <b>Day 18</b><br>Shading and<br>Depth     | <b>Day 19</b><br>Page Cuts          | <b>Day 20</b><br>Colored<br>Paper                  |
| <b>Day 21</b><br>Masking                  | <b>Day 22</b><br>Operative<br>Words       | <b>Day 23</b><br>Painting with<br>String  | <b>Day 24</b><br>Tracings           | <b>Day 25</b><br>Self-Portraits                    |
| <b>Day 26</b><br>Translucent<br>Surfaces  | <b>Day 27</b><br>Tearing                  | <b>Day 28</b><br>Drawn Text               | <b>Day 29</b><br>Connections        | <b>Day 30</b><br>Reflections                       |

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## 15 for 30 Challenge Blank Chart

Use the blank chart below to write in your own daily challenges. Keep them to short phrases and simple directions.

|               |               |               |               |               |
|---------------|---------------|---------------|---------------|---------------|
| <b>Day 1</b>  | <b>Day 2</b>  | <b>Day 3</b>  | <b>Day 4</b>  | <b>Day 5</b>  |
| <b>Day 6</b>  | <b>Day 7</b>  | <b>Day 8</b>  | <b>Day 9</b>  | <b>Day 10</b> |
| <b>Day 11</b> | <b>Day 12</b> | <b>Day 13</b> | <b>Day 14</b> | <b>Day 15</b> |
| <b>Day 16</b> | <b>Day 17</b> | <b>Day 18</b> | <b>Day 19</b> | <b>Day 20</b> |
| <b>Day 21</b> | <b>Day 22</b> | <b>Day 23</b> | <b>Day 24</b> | <b>Day 25</b> |
| <b>Day 26</b> | <b>Day 27</b> | <b>Day 28</b> | <b>Day 29</b> | <b>Day 30</b> |

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## 15 for 30 Challenge Themes Chart

Use the chart below to explore themes and big ideas in your journal. Use these along with other challenges or use them by themselves.

|                  |                  |               |                   |                      |
|------------------|------------------|---------------|-------------------|----------------------|
| <b>Identity</b>  | <b>Memory</b>    | <b>Place</b>  | <b>Solitude</b>   | <b>Goals</b>         |
| <b>Hopes</b>     | <b>Fears</b>     | <b>Dreams</b> | <b>Nightmares</b> | <b>Independence</b>  |
| <b>Stability</b> | <b>Change</b>    | <b>Joy</b>    | <b>Growth</b>     | <b>Relationships</b> |
| <b>Need</b>      | <b>Want</b>      | <b>Time</b>   | <b>Security</b>   | <b>Peace</b>         |
| <b>Passion</b>   | <b>Power</b>     | <b>Choice</b> | <b>Compassion</b> | <b>Structure</b>     |
| <b>Strength</b>  | <b>Challenge</b> | <b>Risk</b>   | <b>Wholeness</b>  | <b>Thrive</b>        |