

Heart Words: Fry First 100

Three-second reading checklist

CHILD: _____ **STARTED:** _____

How to use this with your child

1. Open Heart Words, choose Fry 1-100 and All words. Start with cards 1-10.
2. For practice, leave sound on. Let your child try, then listen and say the word again.
3. To check, turn sound off. Check a box when your child reads it alone within three seconds.
4. Leave tricky words blank, practice them kindly, and revisit checked words later.

The numbers match the card order. Read down the left column, then down the right.

WORDS 1-25		Date (optional)	WORDS 26-50		Date (optional)
1	☐ **the**		26	☐ **or**	
2	☐ **of**		27	☐ **one**	
3	☐ **and**		28	☐ **had**	
4	☐ **a**		29	☐ **by**	
5	☐ **to**		30	☐ **word**	
6	☐ **in**		31	☐ **but**	
7	☐ **is**		32	☐ **not**	
8	☐ **you**		33	☐ **what**	
9	☐ **that**		34	☐ **all**	
10	☐ **it**		35	☐ **were**	
11	☐ **he**		36	☐ **we**	
12	☐ **was**		37	☐ **when**	
13	☐ **for**		38	☐ **your**	
14	☐ **on**		39	☐ **can**	
15	☐ **are**		40	☐ **said**	
16	☐ **as**		41	☐ **there**	
17	☐ **with**		42	☐ **use**	
18	☐ **his**		43	☐ **an**	
19	☐ **they**		44	☐ **each**	
20	☐ **I**		45	☐ **which**	
21	☐ **at**		46	☐ **she**	
22	☐ **be**		47	☐ **do**	
23	☐ **this**		48	☐ **how**	
24	☐ **have**		49	☐ **their**	
25	☐ **from**		50	☐ **if**	

Word order: Fry Instant Words, First Hundred, as shown by Utah Education Network.

Source: uen.org/earlylearning/word_lists.shtml | Practice: Brentwood Buddies Heart Words cards



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KEEP GOING! Practice in groups of ten. Keep checking in the card order.

WORDS 51-75		Date (optional)
51	☐ **will**	
52	☐ **up**	
53	☐ **other**	
54	☐ **about**	
55	☐ **out**	
56	☐ **many**	
57	☐ **then**	
58	☐ **them**	
59	☐ **these**	
60	☐ **so**	
61	☐ **some**	
62	☐ **her**	
63	☐ **would**	
64	☐ **make**	
65	☐ **like**	
66	☐ **him**	
67	☐ **into**	
68	☐ **time**	
69	☐ **has**	
70	☐ **look**	
71	☐ **two**	
72	☐ **more**	
73	☐ **write**	
74	☐ **go**	
75	☐ **see**	

WORDS 76-100		Date (optional)
76	☐ **number**	
77	☐ **no**	
78	☐ **way**	
79	☐ **could**	
80	☐ **people**	
81	☐ **my**	
82	☐ **than**	
83	☐ **first**	
84	☐ **water**	
85	☐ **been**	
86	☐ **call**	
87	☐ **who**	
88	☐ **oil**	
89	☐ **now**	
90	☐ **find**	
91	☐ **long**	
92	☐ **down**	
93	☐ **day**	
94	☐ **did**	
95	☐ **get**	
96	☐ **come**	
97	☐ **made**	
98	☐ **may**	
99	☐ **part**	
100	☐ **over**	

A checked word is a milestone. Keep reading it in stories, too!

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