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)
1	☐	the	
2	☐	of	
3	☐	and	
4	☐	a	
5	☐	to	
6	☐	in	
7	☐	is	
8	☐	you	
9	☐	that	
10	☐	it	
11	☐	he	
12	☐	was	
13	☐	for	
14	☐	on	
15	☐	are	
16	☐	as	
17	☐	with	
18	☐	his	
19	☐	they	
20	☐	I	
21	☐	at	
22	☐	be	
23	☐	this	
24	☐	have	
25	☐	from	

WORDS 26-50			Date (optional)
26	☐	or	
27	☐	one	
28	☐	had	
29	☐	by	
30	☐	word	
31	☐	but	
32	☐	not	
33	☐	what	
34	☐	all	
35	☐	were	
36	☐	we	
37	☐	when	
38	☐	your	
39	☐	can	
40	☐	said	
41	☐	there	
42	☐	use	
43	☐	an	
44	☐	each	
45	☐	which	
46	☐	she	
47	☐	do	
48	☐	how	
49	☐	their	
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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