

FREE SAMPLE: 2 DAYS

MATHIFY KIDS • PRINTABLE WORKBOOK

Grade 7 Math in 30 Days

One page a day of mixed review, about 20 minutes

- 30 days of mixed practice
- 8 tip sheets with worked examples
- Start and finish tests
- Answer key with worked solutions
- Progress chart + certificate

This workbook belongs to: _____

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How to use this workbook

A page for parents and teachers

1. **Take the start test.**
   Before day 1, do the start test. It shows where your child begins. Don't help; it is a snapshot, not a grade.
2. **One page a day.**
   Each day has 8 quick facts, 6 mixed questions and 1 word problem: 10 to 20 minutes, pencil and paper, no calculator.
3. **Stuck? Use the tip sheets.**
   Every question shows a tip number. The tip sheets near the front explain each topic with worked examples and a common mistake.
4. **Check it together.**
   Use the answer key at the back, which shows how to solve every word problem. Rework one mistake together each day.
5. **Finish strong.**
   After day 30, take the finish test. Write both scores on the progress chart and see how far your child has come.

What it covers

Integers	adding, subtracting, multiplying and dividing negatives (7.NS.1-3)
Proportions	solving proportions, constant of proportionality (7.RP.2)
Percent problems	discounts, tax, tips, percent change (7.RP.3)
Equations	two-step equations and inequalities (7.EE.4)
Expressions	simplifying with the distributive property (7.EE.1)
Geometry	circles, angle pairs, triangle angles (7.G.4-5)
Probability	simple probability, expected results (7.SP.5-7)
Statistics	median and range (7.SP.4)

How the 30 days build

Days 1–10	Getting started: adding and subtracting integers, two-step equations.
Days 11–20	Building up: multiplying and dividing integers, inequalities.
Days 21–30	Challenge: all four integer operations, negative solutions, multi-step percents.

Days 10, 20 and 30 are review days: a good time to look back at the scores together.

Stuck on a topic?

Every topic has free lessons, games and level quizzes at mathifykids.com, for example mathifykids.com/integers and mathifykids.com/equations. The free grade 7 check-up at mathifykids.com/math-check-up shows which topics need the most work. Scan the code to start it.

FREE CHECK-UP

TIP SHEET 4

Equations and inequalities

The big idea

Undo the operations in reverse order: first undo adding or subtracting, then undo multiplying or dividing. Always do the same thing to both sides.

PRACTICE ONLINE

EXAMPLE Solve $3x - 5 = 16$

1. Add 5 to both sides: $3x = 21$.
2. Divide both sides by 3: $x = 7$.
3. Check: $3 \times 7 - 5 = 16$.

EXAMPLE Solve $2x + 3 < 11$

1. Subtract 3 from both sides: $2x < 8$.
2. Divide both sides by 2: $x < 4$.
3. Any number less than 4 works, like 3 or 0.

WATCH OUT

If you multiply or divide an inequality by a negative number, flip the sign: $-2x < 6$ becomes $x > -3$.

Your turn

1. $4x + 1 = 29$. $x = ?$ _____
2. $x/3 - 2 = 5$. $x = ?$ _____
3. $5x - 4 > 21$ _____

Work space

Answers: 1. 7 2. 21 3. $x > 5$

Day 1

Getting started
Day one. Let's go!

Name _____ Date _____ Score _____ / 15

Warm-up • Facts

TIP 1

1. $-5 - (-4) =$ ____ 2. $-2 + 8 =$ _____ 3. $-9 - (-4) =$ ____ 4. $10 - (-10) =$ ____

5. $-10 - (-6) =$ ____ 6. $-11 + 4 =$ _____ 7. $6 + (-4) =$ _____ 8. $3 - (-10) =$ ____

Mixed practice

9. TIP 1

$-5.2 + 9.5 =$ _____

10. Solve the proportion. TIP 2

$$\frac{5}{6} = \frac{15}{x} \quad x = _____$$

11. A $80 pair of shoes is 20% off. What is the sale price? TIP 3

_____

12. $5x - 4 = 56$ TIP 4

$x =$ _____

13. Two angles are complementary. One is 33°. What is the other? TIP 6

_____

14. A fair number cube (1 to 6) is rolled 120 times. About how many times would you expect a 4? TIP 7

_____

Word problem

TIP 8

15. A gym charges a $40 sign-up fee plus $15 per month. Noah paid $130 in all. How many months is that?

Show your work:

Answer _____

RIDDLE OF THE DAY (answer in the key)
I am between 160 and 170. I am odd. My digits add up to 8. What number am I?

Day 2

Getting started
Nice start. Keep it rolling!

Name _____ Date _____ Score _____ / 15

Warm-up • Facts

TIP 1

1. $-8 - 11 =$ _____
2. $7 + (-8) =$ _____
3. $5 + (-8) =$ _____
4. $8 + (-12) =$ _____
5. $-5 - 8 =$ _____
6. $-6 + 12 =$ _____
7. $11 - (-6) =$ _____
8. $3 + (-5) =$ _____

Mixed practice

9. TIP 1

$-2 + 9.8 =$ _____

10. y is proportional to x. When x = 6, y = 66. What is the constant of proportionality k? TIP 2

_____

11. A meal costs $30. Lily leaves a 15% tip. How much is the tip? TIP 3

_____

12. Simplify. TIP 5

$2(x + 6) - 3x =$ _____

13. A circle has a diameter of 16 cm. Find its circumference. Use $\pi \approx 3.14$. TIP 6

_____ cm

14. Find the range of 25, 18, 15, 13 and 4. TIP 7

_____

Word problem

TIP 8

15. A gym charges a $25 sign-up fee plus $20 per month. Lily paid $145 in all. How many months is that?

Show your work:

Answer _____

RIDDLE OF THE DAY (answer in the key)
How many legs do 4 cats and 4 chickens have?

Answer key

Days 1–2

Day 1

1.	−1	tip 1	6.	−7	tip 1	11.	$64	tip 3
2.	6	tip 1	7.	2	tip 1	12.	12	tip 4
3.	−5	tip 1	8.	13	tip 1	13.	57°	tip 6
4.	20	tip 1	9.	4.3	tip 1	14.	20	tip 7
5.	−4	tip 1	10.	x = 18	tip 2	15.	6 months	tip 8

How to solve 9: different signs, so subtract: 9.5 − 5.2 = 4.3
How to solve 15: 130 − 40 = 90; 90 ÷ 15 = 6
Riddle: 161

Day 2

1.	−19	tip 1	6.	6	tip 1	11.	$4.50	tip 3
2.	−1	tip 1	7.	17	tip 1	12.	−x + 12	tip 5
3.	−3	tip 1	8.	−2	tip 1	13.	50.24 cm	tip 6
4.	−4	tip 1	9.	7.8	tip 1	14.	21	tip 7
5.	−13	tip 1	10.	11	tip 2	15.	6 months	tip 8

How to solve 9: different signs, so subtract: 9.8 − 2 = 7.8
How to solve 15: 145 − 25 = 120; 120 ÷ 20 = 6
Riddle: 24

Enjoyed the sample? Get all 30 days.

The full workbook has 30 daily pages that get harder week by week, 8 tip sheets with worked examples, start and finish tests, a progress chart, a certificate and the full answer key. Print it as many times as you like for your family or class.

mathifykids.com/printable-math-workbooks/