

FREE QUILTING CHALLENGE GUIDE

30 Days to Your First Finished Quilt

One small task per day. Zero overwhelm. One beautiful quilt.

Beginner-friendly · No experience required · Daily tasks under 30 minutes

Daily Task Calendar	Every single day planned — Week 1 through Week 30, task by task.
Skills Ladder	Each week builds on the last. Skills appear exactly when you need them.
Colour & Fabric Guide	Choose your palette in Week 1, then never second-guess it again.
Finish Line Guaranteed	Day 30 you have a lap quilt. That's the whole point of this guide.

Works for absolute beginners · Also great if you've started quilts but never finished one

WELCOME

Why This Challenge Works

Before You Begin

Here's the truth about quilting: the techniques aren't hard. The overwhelm is hard. The blank stare at a fat quarter bundle not knowing where to start. The half-finished top that's been in a drawer for three years. The patterns that sit in a folder because picking one feels like a commitment you're not ready for.

This challenge solves all of that by making one decision for you every single day. Your only job is to open this guide, see what today's task is, and do it. Most days you'll be done in 20–30 minutes. Some days even less.

How the 4 Weeks Are Structured

Week 1	Dream & Gather	Colour palette, fabric selection, tools, prep. No sewing yet — just planning. This is where most beginners skip straight to the machine and regret it.
Week 2	First Stitches	
Week 3	Build the Top	Join your blocks into rows, join rows into a quilt top, add sashing and a border. By Day 21 you have a complete quilt top.
Week 4	Finish Strong	

YOUR QUILT SIZE FOR THIS CHALLENGE

This challenge builds a 40"×50" lap quilt — a perfect first project. Big enough to feel satisfying, small enough to actually finish. If you want to make a different size, Week 1 Day 3 has a yardage calculator so you can adjust everything from there.

WEEK 1 · DAYS 1-7

Dream & Gather

No sewing this week — just decisions and preparation. The best quilts start with intentional choices.

Day 1	Pick Your Quilt Style	Browse FaveQuilts.com and save 3 quilts you love. Do they share anything in common? That's your style.
Day 2	Choose Your Colour Palette	Lay out fabrics or use the colour guide on the next page. Aim for one light, one medium, one dark in each colour family.
Day 3	Calculate Your Yardage	Your lap quilt needs approximately 2.5 yards of assorted prints + 1.5 yards for backing + 0.5 yards for binding. Write it down.
Day 4	Shop or Pull from Your Stash	Pre-wash everything today if you're shopping. No skipping this step — fabric shrinks and colours bleed.
Day 5	Gather Your Tools	Rotary cutter, cutting mat, quilting ruler, sewing machine, iron, pins, thread. Nothing else is strictly necessary.
Day 6	Pre-Wash & Press All Fabric	Hot wash, low dry, then press with a hot iron until every wrinkle is gone. This is the unglamorous step that matters most.
Day 7	Rest Day — Share Your Fabric Pull!	Show us what you're working with! Tag #30DayQuiltChallenge with a photo of your fabric palette. We want to see your colours!

WEEK 1 SOCIAL PROMPT

Share your fabric pull on social — 'Day 7 of the 30-Day Quilt Challenge! Here's my palette' + #30DayQuiltChallenge. These posts get enormous engagement and keep you accountable.

WEEK 2 · DAYS 8–14

First Stitches

Four foundational skills this week. Master these and you can make virtually any quilt pattern in existence.

Day 8	The ¼" Seam Allowance	Sew two scrap pieces together. Measure the seam. Is it exactly ¼"? Adjust your needle position or use a ¼" presser foot until it is.
Day 9	Cut Your First Squares	Use your rotary cutter and ruler to cut (3) 5"×5" squares from each of your fabrics. Keep them stacked and organised by colour.
Day 10	Chain Piecing Pairs	Pair up squares, right sides together. Sew them one after another without cutting thread — pull a chain off the machine, then cut apart.
Day 11	Press Your Seams	Press each seam to the dark fabric. Use a dry iron — no steam on quilting cotton until the quilt is finished. Press, don't iron (lift and place).
Day 12	Make Your First 4-Patch Block	Sew two pairs together into a 4-patch. Nest your seams (press one left, one right) so intersections lie flat. Press.
Day 13	Make Your First 9-Patch Block	Arrange 9 squares in a 3×3 grid. Sew rows first, then join rows. Nest seams. Press. Hold it up — this is a real quilt block!
Day 14	Rest Day — Block Photo!	Post your first finished quilt block. 'Made my first 9-patch! Day 14 of the #30DayQuiltChallenge' — people LOVE seeing first blocks.

WEEK 2 SOCIAL PROMPT

Post your first quilt block with the hashtag. First-block posts consistently get the most comments and encouragement from the quilting community.

WEEK 3 · DAYS 15–21

Build the Top

Your quilt top takes shape this week. By Sunday you'll have something that genuinely looks like a quilt.

Day 15	Make All Remaining Blocks	Using chain piecing and the skills from Week 2, make all your remaining blocks. For a 40"×50" quilt you need 20 blocks (5×4).
Day 16	Layout Day	Arrange all 20 blocks on the floor or a design wall. Play with arrangements until you love it. Take a photo to remember the layout.
Day 17	Sew Blocks into Rows	Sew the blocks in each row together. Keep your layout photo nearby! Mark which row is which before you sew.
Day 18	Join Your Rows	Sew the rows together one at a time, nesting seams at every intersection. Press each seam up before adding the next row.
Day 19	Add Sashing (Optional Upgrade)	Sashing strips between blocks adds a polished, traditional look. Cut 2"×9" strips and add them between each block and row.
Day 20	Add Your Border	Cut border strips 2.5" wide on the straight grain. Sew to the sides first, then top and bottom. Press outward. Your top is done!
Day 21	Rest Day — Quilt Top Reveal!	Lay your finished quilt top on a bed or floor and photograph it. 'My quilt top is DONE! Day 21 of the #30DayQuiltChallenge!' This is the milestone post.

WEEK 3 SOCIAL PROMPT

The quilt top reveal is the most-shared post of the entire challenge. Encourage subscribers to share on all platforms — this image converts casual viewers into challenge sign-ups.

WEEK 4 • DAYS 22–28

Finish Strong

The final stretch. These steps transform your quilt top into a real, finished, usable quilt. You've got this.

**Day
22****Prepare Your
Backing**

Cut backing fabric 4" larger than your quilt top on all sides. If piecing, press the seam open flat. Press the whole piece.

**Day
23****Cut Batting to Size**

Cut batting 2" larger than your quilt top on all sides. Unfold and let it relax overnight — this removes the fold lines.

**Day
24****Make Your Quilt
Sandwich**

On a flat surface: backing face-down ▢ batting ▢ quilt top face-up. Smooth each layer from the centre out. No bubbles or wrinkles.

**Day
25****Baste Your Quilt**

Use safety pins every 4" across the surface to hold the sandwich together. Start in the centre and work outward. This step saves everything.

**Day
26****Quilt It — Stitch in
the Ditch**

Sew along the seam lines between your blocks using a walking foot. This is the simplest quilting method and looks completely intentional.

**Day
27****Make and Attach
Binding**

Cut 2.5" strips, join end-to-end, fold in half lengthwise. Sew to the front of the quilt with a ¼" seam. Fold to the back and hand-stitch.

**Day
28****WEEK 4 SOCIAL PROMPT**

Day 30 final post: the finished quilt photo. Share on all platforms: 'I did it! 30 days, one finished quilt. #30DayQuiltChallenge' — this post often goes viral in quilting communities.

DAY 30

You Finished Your Quilt!

You Made Something Real

Take a moment. You made an actual quilt — from fabric selection through to a bound, finished piece you can put on a bed, give as a gift, or hang on a wall. That's a genuine skill you've built over 30 days of consistent small effort.

Most people who pick up quilting never finish their first quilt. You just did. That puts you in a completely different category.

What you learned this month	Why it matters
The ¼" seam allowance	The single skill that separates quilts that work from quilts that don't
Chain piecing	You now sew 10× faster than you did on Day 1
Pressing correctly	Your blocks lie flat — beginner quilts are almost always ruined by ironing, not pressing
The quilt sandwich	You know how all three layers work together — most people don't
Binding	You finished your quilt. Properly. This is the skill most beginners give up on.

WHAT'S NEXT

Now that you've made one quilt, the next one is dramatically easier — you already know every technique. Head to FaveQuilts.com for hundreds of free patterns organised by skill level, style, and size. Tag us in your finished quilt photo: [#30DayQuiltChallenge](https://twitter.com/30DayQuiltChallenge) — we'd love to see it!