

Use this form to keep track of your family traditions and folklore, and your research into their origins. For research help, see the December 2006 Family Tree Magazine, available at <www.familytreemagazine.com/mags>.

Family Tradition of the _____ Family

Description of tradition (Note how tradition is carried out and any associated holidays, religious rituals, food, clothing, etc.)	
When and where the tradition started	Associated ethnicities
Who originated the tradition	Who practices the tradition today
Documentation of tradition (Note photos, video, family diaries, etc., that show or mention the tradition. Include owner's name and contact information.)	
Research notes	