

***** Checks for Chores *****

	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su	M	T	W	Th	F	S	Su
Get Dressed																												
Fix Bed																												
Brush Teeth and Hair																												
Put Gear away Correctly																												
Pick up after Meals																												
Homework (2 checks)																												
Practice 30 Minutes																												
Chore #1 (2 checks)																												
Chore #2 (2 checks)																												
Chore #3 (2 checks)																												
Extra Chore (or twice)																												
Take Care of Gus																												
Do Something Healthy																												
Act of Kindness																												
Train a Sibling																												
Organize Bedroom																												
Get ready for Next Day																												
Bedtime Routine																												
Cook or Help Cook																												
Church (2 checks)																												
NEGATIVE																												
TOTAL																												

Privileges

Snack/ Dessert	4
TV/ Board Games	10
Tablet/iPad/DS	12
X-Box	14

Lose 2 Checkmarks for

- Being Rude or Dishonest
- Being told to do something 3x
- Saying Bad Words
- Frustrating Mom or Dad
- Eating out of the Kitchen
- Abusing Couches

Long Term Rewards

Movie Theater	300
Pokemon Cards	300
Only Child Time	300