Weekly Reward Chart

Colour a star (or add a sticker) every time a goal is reached.

Name _____ Week of _____

My goals	Mon	Tue	Wed	Thu	Fri	Sat	Sun
_____	☆	☆	☆	☆	☆	☆	☆
_____	☆	☆	☆	☆	☆	☆	☆
_____	☆	☆	☆	☆	☆	☆	☆
_____	☆	☆	☆	☆	☆	☆	☆
_____	☆	☆	☆	☆	☆	☆	☆
_____	☆	☆	☆	☆	☆	☆	☆

Stars to earn this week: _____ **My reward:** _____

Tip for parents: keep goals few, specific and positive ("brush teeth without reminders").

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Sticker Goal Chart

One sticker for every success. Fill all 30 to earn the reward.

Name _____ Goal _____

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

When all 30 are filled, I get:

_____

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