

What I'm up to this week

NAME: _____

Add your name, along with the key things you'd like to do each day, then use a pencil to tick them off.

To make the most of this chart, check out our handy tips online. You'll also find a free version you can reprint at:

allright.org.nz/parenting

MY GOALS AND REWARDS



How many ticks I'd like to get each day:

How many ticks I'd like to get this week:

Daily reward:

Weekly reward:

ACTION



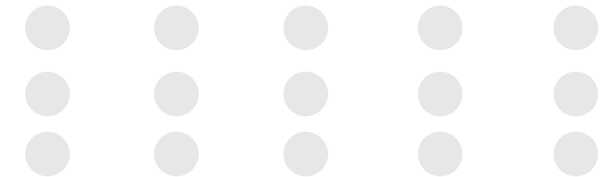
Daily stuff

My chores

Hobbies & downtime

MY DAILY SCORES

DAYS OF THE WEEK (AND TICKS!)



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