

# **Reward (Daily)**

- Pick from Treat Box
- Extra bedtime story 3
- Extra TV time 5
- Build a fort
- Dessert after dinner
- Stay up 15 mins late 10
- Get out of one chore 10
- 10 Bike Ride
- 10 Extra ipad time
- 15 Cook with mommy

# Reward (Weekly)

- Trip to park
- 10 Go for ice cream
- 10 Pick \$5 gift at store
- Movie Night (of your choice) 10
- 15 Cook with mommy
- 15 Game night (of your choice)
- 20 Dinner of your choice
- I hour date with mom or dad 20
- Bring ipad to dinner out 20
- Game \$15 or less 30

## Chores

- Get dressed + brush teeth
- Make bed
- Pick up toys (daily)
- Made a small snack
- Water Plants
- Dust
- Feed Ella
- Clean Playroom
- Clean Bedroom
- Put away laundry
- Pick up bathroom
- 2 Clean family areas
- Homework/learning activity

### Behavior

- I was respectful
- I did my chores without being asked
- I did not argue back
- I listened the 1st time
- I tried new food
- I helped clear dishes/Set table
- Ishared
- Gave someone a compliment
- Quiet when mom/dad were on phone
- Finished Meals
- Waited patiently for my turn to speak
- Stay in bed till everyone was awake 2
- 4 Good public behavior

- Yelling
- Whinning
- Talking back
- Reminding about chores
- Not Listening
- Forgetting please & thank you
- Disrespectful
- Arguing
- -2 Interrupting

- Time out
- Disobeying
- Lying
- -5 Bad public behavior