

# REWARD CHART SAMPLES

during Covid restrictions

## EVENING PLAN

★ star for each step!

	5-5:30pm	5:30-6pm	6-6:30pm	6:30-7pm	7pm	
	① Dinner	② Walk	③ Play	④ Get ready for bed Books	⑤ Lights out	
Monday	★	★	★	★		Night night!
Tuesday						Night night!

## HEALTHY HABITS CHART

	MORNING		AFTERNOON		EVENING		Today's Total
	40 mins School Work	20 mins WALK	30 mins School Work	20 mins Reading	20 mins Walk	30 mins FAMILY FUN	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							

WEEK TOTAL POINTS =

= minutes playing online at weekend!

5 points for every activity completed!

## Helping Out Chart

TASKS	POINTS	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Make My Bed	= 1								
Tidy Playroom	= 2								
Clear Table	= 2								
Clean Dishes	= 3								
Lead the dog	= 1								
* BONUS TASK *	= 3								

Target this week : 50 points

10 points = €1 for 'party' budget