

# CHORE CHART

Name: .....

My Task	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Make my bed							
Brush my teeth							
Put clothes away							
Brush my hair							
Get dressed							
Feed dog							
Help mom with chores							
Empty the dishwasher							
Read for 15 minutes							
Take a shower							
Pick up dirty clothes							
Pjs and brush my teeth							

My Reward: .....

Goal: .....

Total: .....

# CHORE CHART

Name: .....

Sun

Take out trash

Mon

Clean bathroom

Tue

Mop kitchen floor

Wed

Wipe glass doors

Thu

Vaccum living room

Fri

Water plants

Sat

Laundry

REWARDS

NOTES

# CHORE CHART

Name: .....

## LIVING ROOM

- Wipe TV unit
- Dust furniture
- Put every thing back in its place
- Dust electronics
- Wipe coffee table

## KITCHEN

- Set the table
- Clean dinning table
- Do the dishes
- Unload dishwasher
- Help pack lunch

## BED ROOM

- Make bed
- Wipe study table
- Organize bookshelf
- Put clothes in the hamper
- Change bedsheets

## BATH ROOM

- Change towels
- Stock up toilet paper
- Wipe mirrors
- Organize bath supplies
- Wipe countertops

## PLAY AREA

- Pick up toys
- Clean/Wash toys
- Organize toys by catogaries
- Organize art supplies or books
- Clean any spills or clutter

## OTHERS

- Walk dog
- Water plants
- Wipe all windows
- Organize shoes
- Clean glass doors

# RESPONSIBILITY

Name: .....

## MORNING

• Make bed

• Brush teeth

• Eat breakfast

• Put dishes in sink

• Pack backpack

## AFTERNOON

• Unpack backpack

• Put away bottle and lunch

• Finish homework

• Read for 20 minutes

• Help with chores

## EVENING

• Take a shower

• Put pajamas on

• Brush teeth

• Pack backpack

• Pick tomorrow's clothes

## WEEKLY SCHEDULE

Sun

• Dentist appointment at 3pm

MON

• Math test  
• Tennis lesson at 4pm

TUE

• Piano practice at 1pm

Wed

• Swimming class at 2:30pm

Thu

• Soccer practice at 3:30pm

Fri

• Family movie night

Sat

• Grocery shopping with mom at 10pm



# BEFORE SCHOOL CHECKLIST

Name: .....

## Did you ?

☐ • Make your bed .....

☐ • Brush your teeth .....

☐ • Put pajamas away and get dressed .....

☐ • Eat breakfast .....

☐ • Put dishes in sink .....

☐ • Pack snacks .....

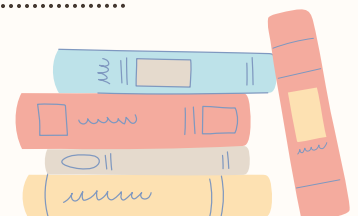
☐ • Ready your water bottle .....

☐ • Put on socks .....

☐ • Pack lunch box .....

☐ • Put on shoes and jackets .....

☐ • Pack backpack .....



# AFTER SCHOOL CHECKLIST

Name: .....

## Did you ?

- ☐ • Put shoes away .....
- ☐ • Unpack backpack .....
- ☐ • Wash water bottle .....
- ☐ • Wash your hands .....
- ☐ • Finish your home work .....
- ☐ • Take a nap .....
- ☐ • Play outside for 30 minutes .....
- ☐ • Read for 30 minutes .....
- ☐ • Help mom with chores .....
- ☐ • Have a healthy snacks .....
- ☐ • Pack backpack for tomorrow .....



# BEFORE BED CHECKLIST

Name: .....

## Did you ?

☐ • Eat dinner

☐ • Clean your room

☐ • Set out clothes for tomorrow

☐ • Put dirty clothes in the hamper

☐ • Wipe study table

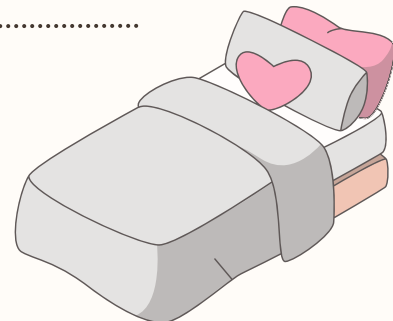
☐ • Organise study table

☐ • Take a shower

☐ • Brush your teeth

☐ • Pack backpack

☐ • Read for 10 minutes



# SCHOOL DAY CHECKLIST

Name: .....

## MORNING

- ☐ • Make bed .....
- ☐ • Brush teeth .....
- ☐ • Eat breakfast .....
- ☐ • Put dishes in sink .....
- ☐ • Pack backpack .....

M	T	W	T	F
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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## AFTERNOON

- ☐ • Unpack backpack .....
- ☐ • Put away bottle and lunch .....
- ☐ • Finish homework .....
- ☐ • Read for 20 minutes .....
- ☐ • Help with chores .....

M	T	W	T	F
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## EVENING

- ☐ • Take a shower .....
- ☐ • Put pajamas on .....
- ☐ • Brush teeth .....
- ☐ • Pack backpack .....
- ☐ • Pick tomorrow's clothes .....

M	T	W	T	F
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# DAILY CHECKLIST

Name: .....



## MORNING

7:00am-12:00pm

### BEFORE SCHOOL

- ☐ • Make bed .....
- ☐ • Brush teeth .....
- ☐ • Eat breakfast .....
- ☐ • Put dishes in sink .....
- ☐ • Pack backpack .....

M	T	W	T	F
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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## AFTERNOON

12:00pm-5:00pm

### AFTER SCHOOL

- ☐ • Unpack backpack .....
- ☐ • Put away bottle and lunch .....
- ☐ • Finish homework .....
- ☐ • Read for 20 minutes .....
- ☐ • Help with chores .....

M	T	W	T	F
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## EVENING

5:00pm-9:00pm

### BEFORE BED

- ☐ • Take a shower .....
- ☐ • Put pajamas on .....
- ☐ • Brush teeth .....
- ☐ • Pack backpack .....
- ☐ • Pick tomorrow's clothes .....

M	T	W	T	F
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## AFTERNOON

A stylized illustration of a light purple crescent moon with a thin black outline. Three small, five-pointed stars are positioned near the moon: a yellow one on the left, a pink one at the top, and a light blue one at the bottom. The entire scene is set against a solid light yellow background.

## EVENING

5:00pm-9:00pm

S M T W T F S

- 
- A 6x7 grid of colored squares. The first three columns contain checkmarks in orange, purple, and teal squares respectively. The fourth column contains checkmarks in green squares for the first two rows, followed by empty green squares. The fifth column contains checkmarks in yellow squares for the first two rows, followed by empty yellow squares. The sixth and seventh columns contain empty pink and orange squares respectively.

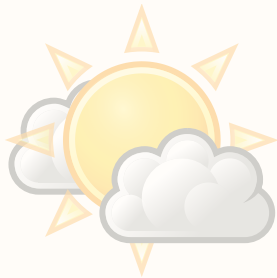
S M T W T F S

- [illegible]

M T W T F S S

# DAILY CHECKLIST

Name: .....



## MORNING

7:00am-12:00pm

### TASKS

- Make bed
- Brush teeth
- Eat breakfast
- Put dishes in sink
- Pack backpack



## AFTERNOON

12:00pm-5:00pm

### TASKS

- Unpack backpack
- Put away bottle and lunch
- Finish homework
- Read for 20 minutes
- Help with chores



## EVENING

5:00pm-9:00pm

### TASKS

- Take a shower
- Put pajamas on
- Brush teeth
- Pack backpack
- Pick tomorrow's clothes





**Name:** .....

CHORES	VALUE	S	M	T	W	T	F	S	TOTAL
• Make bed	\$1.00	✓	✓	✓	✓	✓	✓	✓	
• Clean room	\$2.50	✓	✓	✓	✓	✓	✓	✓	
• Set table	\$1.50	✓	✓	✓	✓	✓	✓	✓	
• Unload dishwasher	\$2.00	✓	✓	✓	✓	✓	✓	✓	
• Sort laundry	\$1.00	✓	✓	✓	✓	✓	✓	✓	
• Walk the dog	\$0.05	✓	✓	✓	✓	✓	✓	✓	
• Sweep kitchen	\$2.00	✓	✓	✓	✓	✓	✓	✓	
• Water plants	\$2.50	✓	✓	✓	✓	✓	✓	✓	
• Pickup toys	\$1.00	✓	✓	✓	✓	✓	✓	✓	
• Fold laundry	\$2.00	✓	✓	✓	✓	✓	✓	✓	
• Organize shoes	\$1.00	✓	✓	✓	✓	✓	✓	✓	
• Wipe all windows	\$3.00	✓	✓	✓	✓	✓	✓	✓	
• Put clothes in hamper	\$1.50	✓	✓	✓	✓	✓	✓	✓	
• Pack backpack	\$0.05	✓	✓	✓	✓	✓	✓	✓	
• Wipe study table	\$1.00	✓	✓	✓	✓	✓	✓	✓	



# SCREENTIME

## CHECKLIST

Name: .....

TASKS	TIME	S	M	T	W	T	F	S
• Wash dishes	15 mins	✓	✓	✓	✓	✓		
• Sweep all floors	15 mins	✓	✓	✓	✓	✓		
• Walk the dog	15 mins	✓	✓	✓	✓	✓		
• Fold clothes	10 mins	✓	✓	✓	✓	✓		
• Unload the dishwasher	10 mins	✓	✓	✓				
• Clean shower area	10 mins	✓	✓	✓				
• Sweep kitchen	5 mins	✓	✓	✓				
• Water plants	5 mins	✓	✓	✓				
• Pickup toys	5 mins	✓	✓					
• Take out trash	5 mins	✓	✓					
• Organize shoes	5 mins	✓	✓					
• Wipe all windows	10mins	✓	✓					
• Put clothes in hamper	10mins	✓	✓					
• Pack backpack	5mins	✓	✓					
• Wipe study table	5mins	✓	✓					

# REWARD CHART

Name: .....

## TASKS

S M T W T F S POINTS

• Wash dishes

• Sweep all floors

• Walk the dog

• Fold clothes

• Unload the dishwasher

• Clean shower area

• Sweep kitchen

• Water plants



**S M T W T F S POINTS**



# CONSEQUENCE CHART

Name: .....

## MY ACTIONS

## HAVE CONSEQUENCES

Lying

No friends over for a week

Swearing

No allowance for two weeks

Not listening

Extra chores

Being mean to people

No friends over for a week

Talking back

Early bed time

Whining

Time out for 15mins

Breaking things

Time out for 20 mins

Yelling or screaming

Extra chores

Hitting or kicking

No friends over for a week

Being disrespectful

Time out for 30mins

# DAILY ROUTINE

Name: .....

7:30	Make bed	<input checked="" type="checkbox"/>
8:00	Breakfast	<input checked="" type="checkbox"/>
9:00	Homework	<input checked="" type="checkbox"/>
10:00	Healthy snacks	<input checked="" type="checkbox"/>
11:00	Play outside	<input checked="" type="checkbox"/>
12:00	Lunch	<input type="checkbox"/>
1:00	Creative time	<input type="checkbox"/>
2:00	Help with chores	<input type="checkbox"/>
3:00	Free time	<input type="checkbox"/>
6:00	Dinner	<input type="checkbox"/>
7:00	Reading time	<input type="checkbox"/>
8:00	Get ready for bed	<input type="checkbox"/>

# WEEKLY PLAN

Name: .....

**SUNDAY**

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**MONDAY**

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**TUESDAY**

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**WEDNESDAY**

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**THURSDAY**

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**FRIDAY**

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**SATURDAY**

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**NOTES**

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# MONTHLY PLAN

Month: .....

SUN	MON	TUE	WED	THU	FRI	SAT