|  |  |  |
| --- | --- | --- |
| Name | Checkmarks | Today I earned: |
| **Joey** |  | minutes |
| **Ashley** |  | minutes |

|  |
| --- |
| **How to Earn Tokens:**Following these instructions given by mom or dad:* “Brush your teeth” = 1 checkmark
* “Empty the dishwasher” = 1 checkmark
* “Time to go to bed: = 2 checkmarks

Will not earn token doing the following:* Not completing task
* Yelling
* Making any negative comments (e.g. “I’m not doing that”, “Why would I do that, I don’t want to”, “Why should I?”, “I don’t have to listen to you”, etc.)
 |
| **Redeeming Tokens:*** 1 checkmark – 10 minutes of iPad time
* I can redeem my iPad **ATFER DINNER ONLY**, each day
* The iPad will not be available throughout the day before dinner
* 2 exceptions:
	+ Up to 30 minutes during the day for activities approved by a parent (e.g., to look up a recipe, research an experiment, etc.)
	+ Car rides
 |
| **Bonus:**If I follow **ALL** instructions in one day and get the most checkmarks I can for that day, I can top up my iPad use to get **2 hours**! |