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

|  |
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| **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**! |