

CHORE

CHART

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Weekly chores

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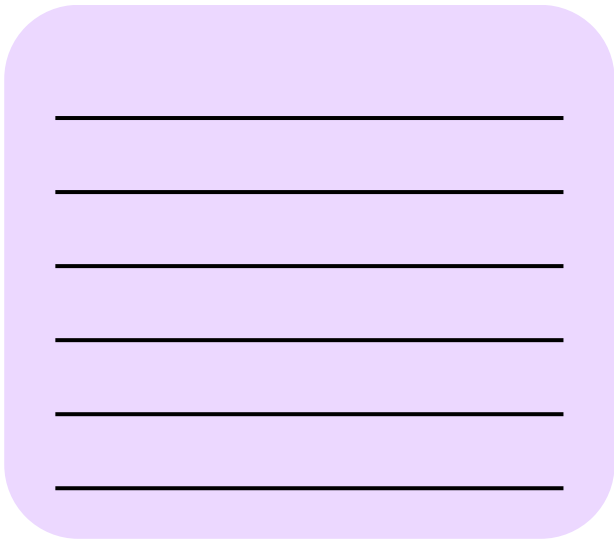
Notes

Rewards

CHORE

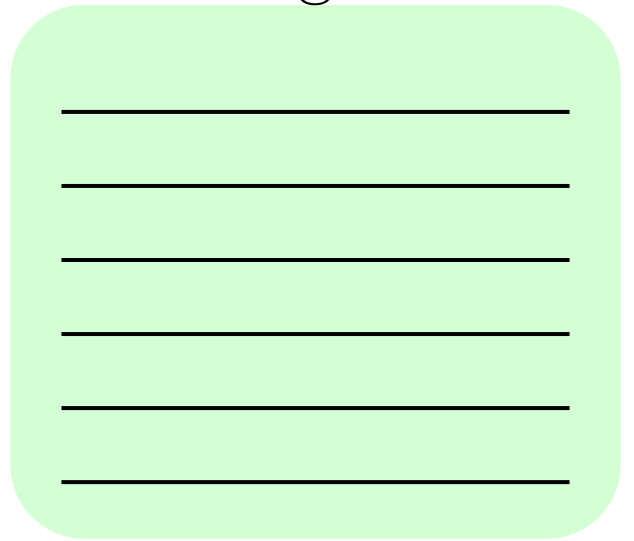
CHART

Bedroom



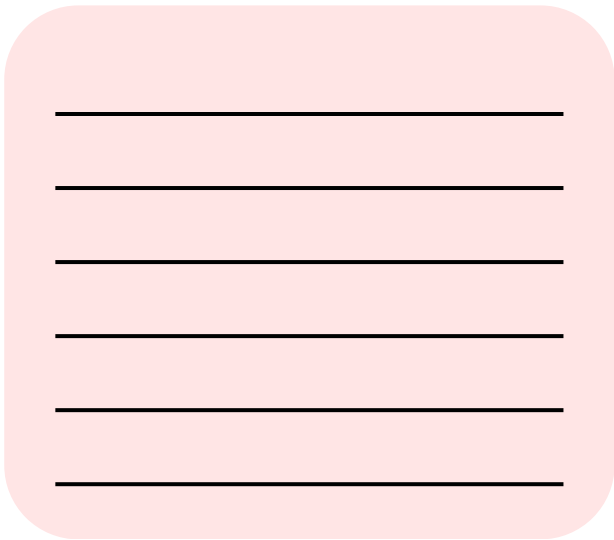
A purple rounded rectangle containing six horizontal black lines for writing.

Living room



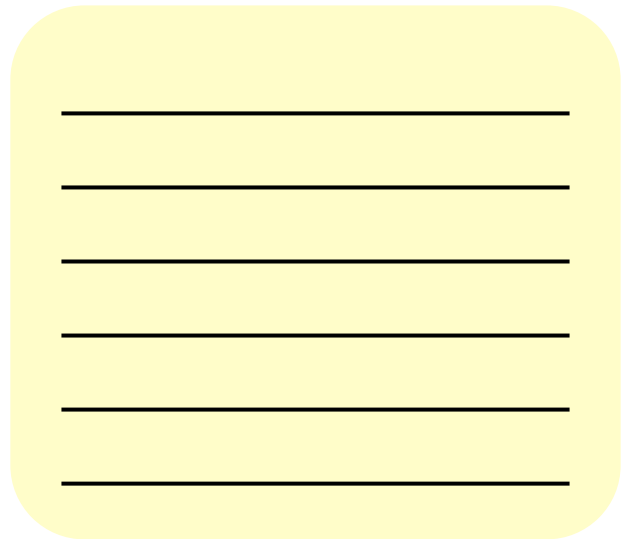
A light green rounded rectangle containing six horizontal black lines for writing.

Kitchen



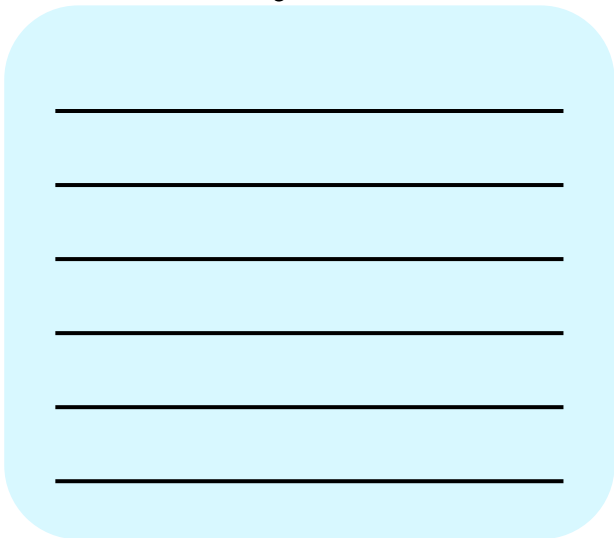
A light pink rounded rectangle containing six horizontal black lines for writing.

Bathroom



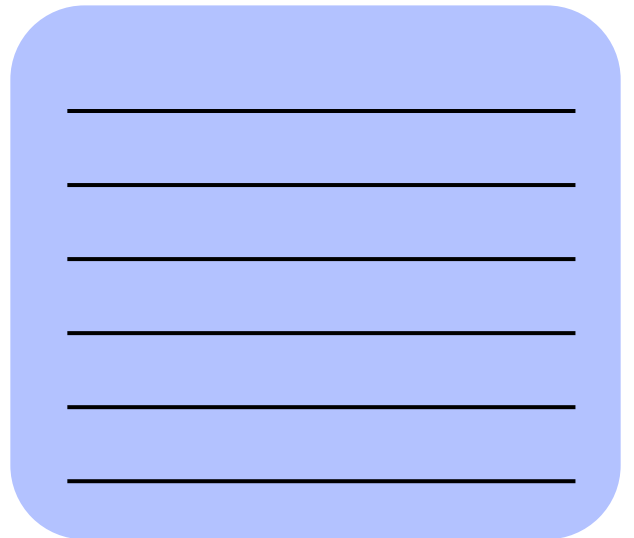
A yellow rounded rectangle containing six horizontal black lines for writing.

Play area



A light blue rounded rectangle containing six horizontal black lines for writing.

Other



A medium blue rounded rectangle containing six horizontal black lines for writing.

RESPONSIBILITIES

Morning

Afternoon

Evening

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Weekly chores

Daily chores

Weekly schedule

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| S | | S | | T | |
| S | | S | | F | |

Rewards

Notes

Points

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ALLOWANCE

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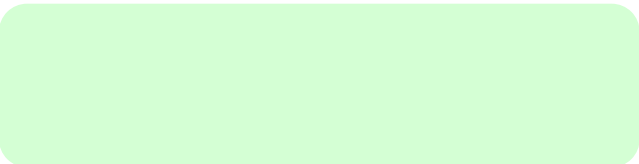
SCREEN TIME

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Total Screen time _____

REWARD CHART

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Reward 

Goal _____ Total _____

BEHAVIOR CHART

| Behavior | M | T | W | T | F | S | S | Points |
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Reward

Goal Total

CONSEQUENCES

My Actions

Have Consequences



MY COPING SKILL

Write down the coping skills that you can use in these places when you experience any triggers!

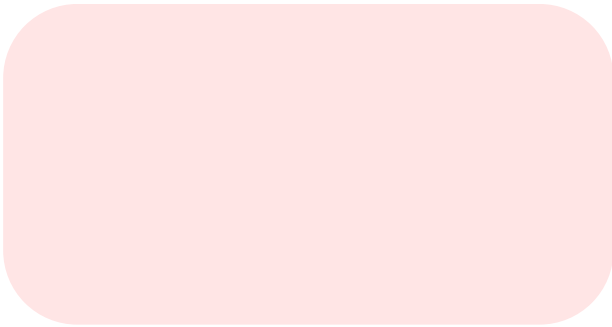
At Friends House



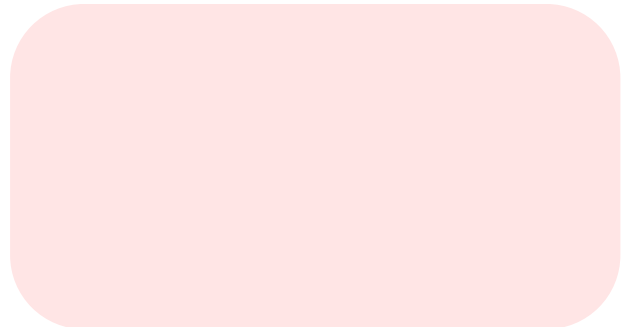
At Home



Outside



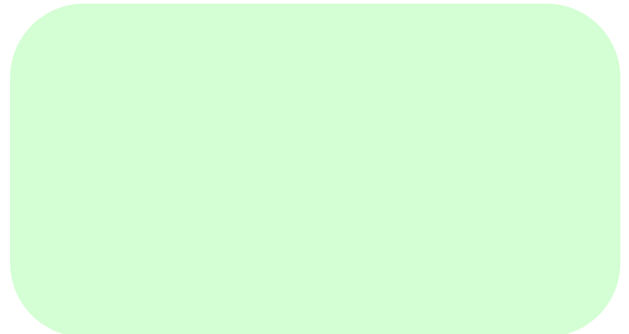
At School



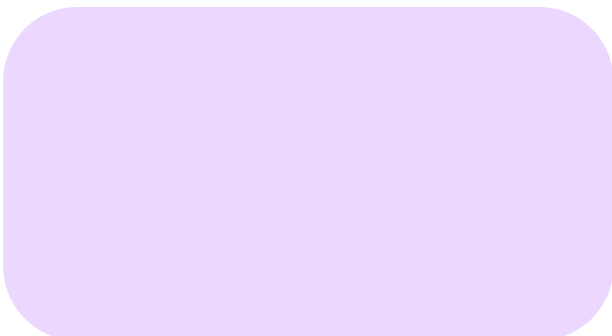
Shopping Mall



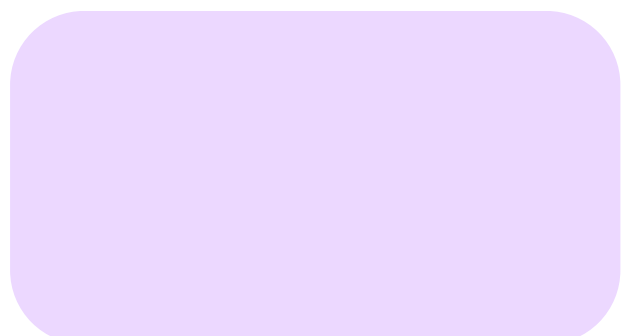
At After-School Club



Resaurant



In The Car



MY COPING SKILL

Top 3 triggers

Warning signs

Coping Skills

People who I can talk

Positive self talk

Notes

BEHAVIOR JOURNAL

This week, what was the one situation that made me feel unhappy?

After getting upset, how did I handle the situation?

If the situation happens again, how can I handle it?

Whenever I feel upset, anxious, angry or sad, what calms me down?

Is there one situation I handled well and felt proud of myself?

