Weekly Goals & Rewards

For teens: pick goals, track them, cash in points.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Pts
Homework / study								
Chores								
Exercise 30 min								
Phone off by __:__								
Practice (music/sport)								
Help family								

Points earned this week: _____

Reward at 30 pts: _____

Reward at 50 pts: _____

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