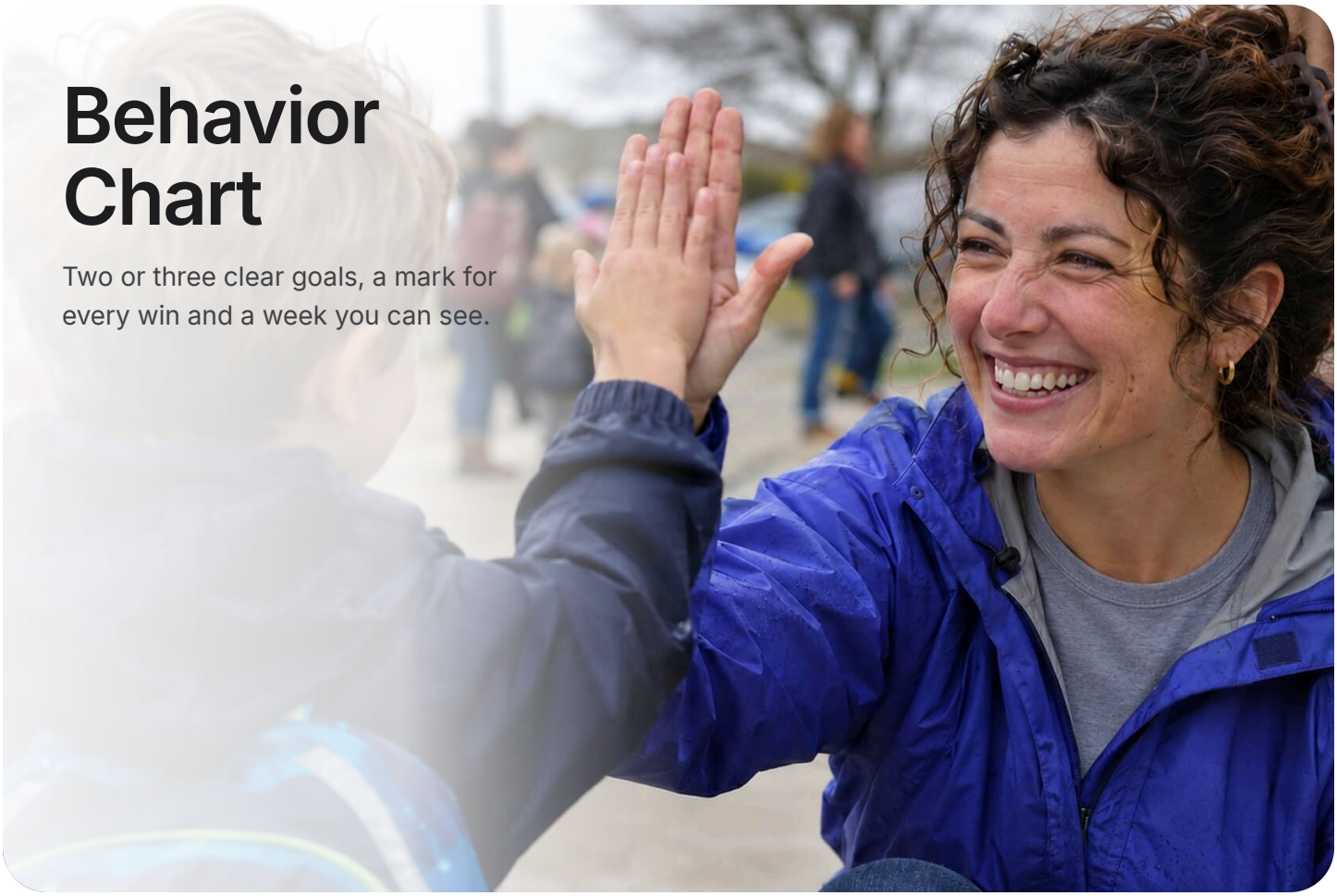
Behavior Chart

Two or three clear goals, a mark for every win and a week you can see.



WHY IT HELPS

Children hear "stop" and "no" far more often than they hear what went right. A weekly chart turns a few goals into marks you give together, so good moments get noticed and named every day.

HOW TO USE IT

Choose	Pick two or three goals, worded as things to do.
Mark	Give marks at set times and say what you saw.
Review	Count the week and swap goals that got easy.

INSIDE

1	The cover
2	A filled-in example
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4	Goal ideas and reward menu
5	Week review

Marks are never taken away. A blank circle means not yet, which keeps the chart about trying.

NAME
Sam, age 6

WEEK OF
May 4

CHECK-IN TIMES
After school and bedtime

1 This week

Top circle after school, bottom circle at bedtime

GOAL, WRITTEN AS SOMETHING TO DO	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
Shoes and coat on by the door	● ●	● ●	● ○	● ●	● ●	● ○	● ●	12
Gentle hands with Maya	● ●	● ○	● ○	● ○	● ●	● ●	● ●	10
Teeth brushed without a reminder	● ○	● ○	● ○	● ○	● ○	● ○	● ●	7

MARKS THIS WEEK
29 of 42

REWARD CHOSEN
Park with Dad on Friday, 15 marks

2 What I said when I gave a mark

Name the exact thing your child did

Sam, you had your shoes on before I asked. We left on time.

You let Maya go first with the red truck. That was kind.

You brushed your teeth tonight all by yourself.

BEST MOMENT THIS WEEK
Wednesday night he helped Maya with her shoes

NAME

WEEK OF

CHECK-IN TIMES

1 This week

Top circle after school, bottom circle at bedtime

GOAL, WRITTEN AS SOMETHING TO DO	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	
	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	
	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	

MARKS THIS WEEK

REWARD CHOSEN

2 What I said when I gave a mark

Name the exact thing your child did

BEST MOMENT THIS WEEK

1 Goal ideas

Turn the trouble into something your child can do

WHEN THIS IS HARD	TRY THIS GOAL INSTEAD
Hitting or grabbing	Hands to yourself, or ask a grown-up for help
Yelling indoors	Use an indoor voice at home
Bedtime stalling	In bed after one story
Toys left out	Toys in the bin before dinner
Morning rush	Dressed before breakfast
Arguing about screens	Screen off when the timer rings

2 Our reward menu

Small, quick rewards work best

REWARD MY CHILD PICKED	MARKS IT COSTS	PICTURE

3 Rules we agreed

- ☐ Marks are never taken away once earned.
- ☐ Rewards are cashed in on this day:
- ☐ We mark the chart together at the same times each day.
- ☐ A goal is swapped for a new one when it is easy two weeks in a row.

1 Totals

Out of 14 for each goal

GOAL	THIS WEEK	LAST WEEK	READY FOR A NEW GOAL

HARDEST DAY AND TIME

EASIEST DAY AND TIME

2 What helped

3 Change for next week

4 Notes from school or therapy

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.

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