



I DID IT!

Daily Plan for: _____

Week of: _____

RESPONSIBILITIES	SUN	MON	TUE	WED	THU	FRI	SAT	Total Stars
I completed my homework after one reminder.								★
I practiced my deep breathing. 2 Times/Day • "Belly Breaths" • 10 Minutes								★
I read at least 30 pages of my book.								★
I substituted a healthy snack instead of eating candy or chips.								★
I showered and dressed in the morning after one reminder.								★
I made my bed.								★
I cleaned up after eating.								★
I fed the pets.								★
								★
								★

80% Compliance = _____ Checkmarks = Celebration/Treat (See Celebration Menu) **GOAL**

TOTAL

COMMENTS: _____

Begin with 80% compliance and gradually increase.

