

★ My Weekly Reward Chart ★

Color in a star each time you reach a goal!

 MY NAME



.....

 WEEK OF

.....


★ STARS FOR A REWARD


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|  My Goals | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|-----|-----|-----|-----|-----|-----|-----|
| | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
| | ★ | ★ | ★ | ★ | ★ | ★ | ★ |
|  Daily star total | | | | | | | |

Rewards We Picked Together

 Small (daily)

 Medium (a few days)

 Big (whole week)

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Parent Guide

Print both pages — stick the chart on the fridge, keep this one for reference.

★ How to use the chart

- ★ **Start with 1–3 specific goals.** "Brushed teeth without reminders" beats "be good" — kids need something concrete to aim at.
- ★ **Give the star right away.** Immediate rewards work far better than delayed ones for kids with ADHD, so don't make them wait.
- ★ **Choose rewards together.** A reward only motivates if your child actually wants it, so build the list as a team.
- ★ **Catch them being good.** Reward stars for wins — avoid taking stars away, which can feel punishing and discouraging.
- ★ **Review at the same time each day.** A predictable routine is calming and helps the habit stick.

🎯 Example goals to borrow

Younger kids (3–7)

- ★ Got dressed by myself
- ★ Put toys away after playing
- ★ Used kind words
- ★ Brushed teeth without reminders
- ★ Stayed at the table for dinner

Older kids (8–11)

- ★ Started homework before screen time
- ★ Packed my bag the night before
- ★ Took a calm break when frustrated
- ★ Helped with one chore
- ★ Got ready for bed on time

♻️ Make it reusable

- ★ **Laminate it** or slide it into a clear plastic sleeve or page protector.
- ★ **Use a dry-erase or wet-erase marker** to fill in goals and color the stars — wet-erase resists smudging if it stays up all week.
- ★ **Wipe clean** each Sunday and start fresh — no reprinting needed.

🔧 If it stops working

- ★ **Refresh the rewards.** Motivation fades when rewards get predictable — swap in something new.
- ★ **Shrink the goal.** If a star is never earned, the goal is likely too big. Make it easier, then build up.
- ★ **Evolve, don't abandon.** Once a behaviour becomes a habit, retire that goal and add a fresh one.

💖 A reward chart helps with behaviour, motivation, and routines — one helpful tool, not a replacement for professional care. Read the full guide at monstermath.app