

Incentive Chart Template Instructions

Instructions: Use the calendar to track the child's good days, tough days, coping strategies, and any other information needed such as important dates or rewards earned each month to determine trends. See the next few pages with suggestions on how to track your child's progress monthly.

		Month: _____	Year: _____			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Incentive Chart Tracking Template

Incentive Chart Tracking Instructions:

- **Column 1**= Fill in each day with a color of your choosing to indicate good behaviors and coping skills on the calendar and list them in the table below. See the descriptions and examples in column 1.
- **Column 2**= Track the number of good days, coping skills, and how you and your child feel about the progress. See the descriptions and examples in column 2.
- **Column 3**= Fill in each day with a color of your choosing to indicate behaviors to improve and the lack of coping skills on the calendar and list them in the table below along with things to improve next month. See the descriptions and examples in column 3.
- **Column 4** = Track the number of tough days, coping skills not used, and additional comments to include. See the descriptions and examples in column 4.

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
Good Behaviors	# of good days	Behaviors that can be improved	# of tough days
<i>*Fill in the box green with a good day and add 2 good behaviors in the box*</i>	<i>*Keep track of good days and good coping skills here*</i>	<i>*Fill in the box blue with tough days and add at least 2 tough behaviors*</i>	<i>*Keep track of the tough days*</i>
Example: Follow the teacher's rules	Example: 2 days	Example: Refused to do schoolwork	Example: 1 day
Good use of coping skills	# of good coping skills	Did not use coping skills	# of coping skills not used
<i>* Add an O to the box for good coping skills and list coping skill(s) below*</i>	<i>*Keep track of good coping skills here*</i>	<i>*Add an X to the box for no coping skills used*</i>	<i>*Keep track of the days coping skills not used*</i>
Example: Lemon Squeezes	Example: Used 1 coping skill	Example: Was upset from not winning a game.	Example: Did not use coping skill for 4 days
Things Done well this month	How do you feel?	Things to work on for next month	Comments/Notes
<i>*List one thing you are proud of or want to continue*</i>	Insert an emoji or draw how you feel	<i>*List one thing to work on next month*</i>	<i>*Anything additional*</i>
Example: Following the 5 core rules set at the facility	Example: 😊	Example: Completing schoolwork as presented	Example: Identify trends in behaviors

Rewards and Consequences Template

Rewards and Consequences Instructions: Use the table below to track good behaviors and list the incentives or rewards to keep the child on track as well as behaviors to improve along with consequences. This will help the child reference what things they must work towards and what consequences they may have. You can color code according to what you listed on the table above. Be sure to include the child when coming up with incentives/rewards and consequences.

- Add rows as you need to and see the table below with examples.

Good Behaviors	Incentive/Reward	Behaviors to Improve	Consequence
Example: 3 days in a row	Example: Choose a treat your choice such as ice cream or cookie	Example: 1 day	Example: Lose a privilege such a toy or tv time for 3 days (must complete at least 2 chores to earn sooner)
Example: 5 green days in a row for good behaviors on school days	Example: Choose a small toy of your choice (\$20 or less)	Example: 2 days within a school week	Example: Lose of privilege for up to 2 weeks (must have 14 good days in a row to earn back)