

# Getting Back on Track!

I need \_\_\_\_\_ points to earn: \_\_\_\_\_

I need \_\_\_\_\_ points to earn: \_\_\_\_\_

I need \_\_\_\_\_ points to earn: \_\_\_\_\_

	<b>GOAL #1</b> <i>I will</i>	<b>GOAL #2</b> <i>I will</i>	Running Total
<b>SUN</b>			
<b>MON</b>			
<b>TUE</b>			
<b>WED</b>			
<b>THU</b>			
<b>FRI</b>			
<b>SAT</b>			

# How to Use this Behavior Chart

## Step 1: Introduce it to your child

At a time of calm, sit down with your child and show him the chart. Explain why you are using it and how it works. Explain that it is for him and for you - to help him choose better and to help you notice when he does.

## Step 2: Decide on positive goals

Identify two areas that your child needs to work on. Frame these as positive goals. Instead of "I will stop yelling" try "I will speak kindly when I am upset."

## Step 3: Establish rewards

Behavior charts are a reset opportunity. All extra "perks" need to be earned. Let him decide which three things he would like to earn back. Ideas include: 30 minutes on a device, 30 minutes later bedtime, a free pass on a daily chore.

## Step 4: Track points

Give a point for *every time* your child meets a goal. You may choose to keep the chart with you and make a hash mark each time you observe the desired behavior. Or you may decide to tally them at certain "checkpoints" during the day (breakfast, lunch, dinner, bedtime). Don't nag or remind. You can not be invested more than him. Let the incentives do the work.

## Step 5: Celebrate success!

Keep track of the points earned and as soon as your child earns that number of points, allow him to redeem his reward or make a coupon for him to use as soon as possible. Don't worry if he earned it "too easily." You want him to have success the very first day so he becomes invested. When he has mastered his goals, celebrate!