

Token Economy Point Sheet

Behavior & Goal Tracking



Earn points for good choices, then trade them in for a reward.

Ways to earn points

Behavior	Points	M	T	W	T	F	S	S
Listened the first time								
Finished homework								
Kind to siblings								
Followed routine								

Point Bank

Total points earned this week: _____ Points spent: _____

Reward Menu

Reward	Point Cost
Extra 15 min screen time	
Pick dinner	
Stay up 15 min later	
Small toy or treat	