

My week

Name _____ Week of _____

For every task you finish, color in one circle. **1 circle = 1 point.**

	Mo	Tu	We	Th	Fr	Sa	Su	Points
_____	○	○	○	○	○	○	○	
_____	○	○	○	○	○	○	○	
_____	○	○	○	○	○	○	○	
_____	○	○	○	○	○	○	○	
_____	○	○	○	○	○	○	○	
_____	○	○	○	○	○	○	○	
_____	○	○	○	○	○	○	○	

From last week ☐ + this week ☐ − spent ☐ = saved ☐

With my points I can choose

○	○	○	○
_____	_____	_____	_____
____ points	____ points	____ points	____ points

For parents

Tired of counting circles every evening? In the **myDopamine** app, your child ticks off tasks on their own, points add up automatically and you just approve the reward.

mydopamine.app · Free on iPhone and Android