

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
🪥 Teeth – morning	○	○	○	○	○	○	○	
🪥 Teeth – evening	○	○	○	○	○	○	○	
🎒 School bag packed	○	○	○	○	○	○	○	
📖 Read 10 minutes	○	○	○	○	○	○	○	
🧸 Toys tidied up	○	○	○	○	○	○	○	
✏️ _____	○	○	○	○	○	○	○	
✏️ _____	○	○	○	○	○	○	○	

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

With my points I can choose



Ice cream

20 points



Cinema with popcorn

70 points



Trip to an amusement park

150 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