





















CHECK IN/CHECK OUT - BEHAVIOR CHART

Name: _____ Week of: _____ Week Number: _____

WEEKLY GOALS:	Day 1: Monday	Day 2: Tuesday	Day 3: Wednesday	Day 4: Thursday	Day 5: Friday
1)	 2 1 0	 2 1 0	 2 1 0	 2 1 0	 2 1 0
2)	 2 1 0	 2 1 0	 2 1 0	 2 1 0	 2 1 0
3)	 2 1 0	 2 1 0	 2 1 0	 2 1 0	 2 1 0
4)	 2 1 0	 2 1 0	 2 1 0	 2 1 0	 2 1 0
Comments:					



2- Excellent



1-Needs Improvement



0-Unsatisfactory

Helpful Hints:

- Make copies of the chart to use for the following weeks.
- Each Sunday, sit down with your child and develop the **WEEKLY GOALS** and **REWARDS** for the upcoming week. Help him/her figure out realistic ways to achieve their goals for the upcoming week. It is OK to start with the rewards section.
- Use **REWARDS** that are appropriate and do not cost much money but that are still of interest and fun for your child. Remember to use rewards that will not create more problems instead of motivating your child. For example, do not use candy if your child is hyperactive and very reactive to sugars. Great **DAILY REWARDS** can be TV and computer time, special time with parents, helping with “grown up” things such as cooking, small toys, etc. Great **WEEKLY REWARDS** can include a fast food meal, special trip to his/her favorite place, new toy, book, late bedtime on the weekend, extra hour of computer time, movie rental and other things that will motivate him/her to achieve the goals of the week.
- All **GOALS** should be stated positively and focused on what you want your child to do, not what you do not want them to do. For example, “Be polite, respectful and use good manners” instead of “Don’t be rude, mean and disrespectful.”
- For **WEEKLY GOALS** – follow the **SMAC** rule. The goals should be Specific, Measurable, Attainable and goals that your child is willing to Commit to achieving.
- Be patient and consistent. Many children do great the first couple of weeks on the chart, do poorly for the next two weeks and then begin doing well again. This is usually related to the child testing to see if you are going to follow the new system. Continue to use other parenting techniques such as providing other rewards, time-outs, or removing privileges and toys when necessary.
- Parents must follow the same rules and communicate with one another. Also, use your partner as a consultant and support so that you are fair especially when your child is driving you nuts and you want to take away all of their stickers for the next 5 years and throw the thing away.
- Make sure that you put a check or sticker each day when earned and that you reward your child with the reward identified.
- **NEVER** take away checks or stickers already earned. When you have worked hard at your job for the week your employer is not allowed to take away the money that you have already earned. Same principle applies.
- Ignore minor behaviors and reward positive behaviors. Allow your child to have the number of **WARNINGS** identified so that he/she is aware that he/she might not earn his/her goal. Most importantly, warnings provide feedback that his/her behavior is not appropriate and may result in him/her not achieving his/her goal for the day.
- Place the **POSITIVE BEHAVIOR CHART** in a location that he/she can visibly see very often and allow them to touch and look at it as often as they want to. Refrigerators and near the family TV are great places to hang it.
- ***Praise your child and build up his/her esteem instead of criticizing and breaking your child down.*** Changing a child’s behavior is a teaching process and not a control issue. If you feel the need to control their behavior you may need to focus on your own issues related to power and control. Many young children act out their problems and are still learning how to express their needs, feelings and thoughts. Help him/her be able to communicate and control his/her impulses instead of trying to control his/her behavior.
- If you do not have the time to follow the hints listed above and can not be consistent, do not use this behavior program because it will not work and may even cause more frustration and problems. It may also mean that you are not spending enough time parenting your child and that you may need to re-examine your priorities.