## HIGHT REWARD CHART

My Task	How Often	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Make the bed	7							<u></u>
Go for a walk	7		•••				•••	
Cook a homecooked meal	11					$\odot$	<u></u>	
Exercise	3			•••				
Call a friend	2							

Target: \_\_\_\_30\_\_\_\_ Achieved: \_\_\_\_30\_\_\_\_