## HCFIT REWARD CHART

| My Task | How Often | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Make the bed | 7 | ( $\because$ | ( $\because$ | ( $\because$ | ( $\because$ | ( $\because$ | ( $\because$ | ( $\bigcirc$ |
| Go for a walk | 7 | ( $\because$ | ( $\because$ | ( $\because$ | ( $\because$ | ( $\because$ | (-) | ( $\because$ |
| Cook a homecooked meal | 11 | (®) $\because$ | (0) | ( $\because)$ | (®) $\because$ | ( $)$ | (0) | (®) $\because$ |
| Exercise | 3 | ( $\bigcirc$ |  | ( $\because$ |  | ( $\because$ |  |  |
| Call a friend | 2 |  |  |  |  |  | (®) | (®) |

Target: $\qquad$ Achieved: $\qquad$

