

STUDENT'S NAME: _____ START DATE: _____



SELF-DISCIPLINE SHEET

START HERE! MARK THE
BOX AS YOU COMPLETE
THESE HELPFUL
HOUSEHOLD TASKS!

THIS CHART RESETS EACH CYCLE. RECORD EACH TIME YOU COMPLETE A TASK. WHEN YOU COMPLETE ONE ROW, HAND IT IN FOR A STRIPE! THE MORE ROWS YOU COMPLETE WITHIN 1 CYCLE THE HIGHER THE STRIPE-REWARD! YOU MUST COMPLETE AN ENTIRE ROW TO GET THE REWARD TIER, BUT YOU CAN WORK ON MULTIPLE ROWS AT A TIME, STARTING WITH THE TASK IN THE TOP-MOST ROW.

								REWARD TIER
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	YELLOW STRIPE [5 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	ORANGE STRIPE [10 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	ORANGE STRIPE [10 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	GREEN STRIPE [20 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR: _____
DRY, WASH OR PUT AWAY DISHES	COLLECT, WASH, FOLD OR PUT AWAY LAUNDRY	SWEEP, MOP, OR VACUUM A ROOM	DUST OR CLEAN SURFACES	SORT OR TAKE OUT GARBAGE/ RECYCLING	HELP WITH GROCERIES OR MEAL PREP	SET OR CLEAR THE TABLE	CUSTOM TASK:	3 X RED STRIPES [300 POINTS] AWARDED BY INSTRUCTOR: _____

YELLOW SELF-DISCIPLINE SHEET # ___/8 LIMIT PER CYCLE

IF YOU WANT TO RECEIVE YOUR SELF-DISCIPLINE AWARD AT THE NEXT GRADUATION, TURN IN THIS SHEET FULLY COMPLETED NO LATER THAN YOUR TESTING DAY (NOT ON GRADUATION). YOU CAN ONLY EARN ONE SELF-DISCIPLINE AWARD PER CYCLE. YOU MAY COMPLETE ONLY 8 YELLOW SHEETS PER CYCLE FOR STRIPE POINTS.