

Mom's Sticker Chart



BEHAVIOR GOAL // STICKERS EARNED

- Take a shower // 2
- Keep my patience // 1
- Eat my vegetables // 1
- Exercise // 2
- Cook actual food // 3
- Laundry washed & put away, same day // 6
- Get somewhere on time // 2
- Clean the house to my grandma's standards // 4
- Refrain from social media while with the kids // 1
- Refrain from relying on the kids' screen time // 2

MON



TUES



WED

THURS



FRI



SAT

SUN

REWARD // STICKER PRICE

- Your choice // 20
- Takeout for dinner // 30
- Chocolate & wine // 40
- Girl's night // 50