



My star chart

Draw a star or add a sticker each time you reach a goal.

	My goal: _____	My goal: _____	My goal: _____
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			



When I get ____ stars, I can _____

Tip: choose one to three small, clear goals, such as "shoes on by myself". Praise the effort straight away.