

## Blank Template: Weekly Goals Contract

Contract between: \_\_\_\_\_ and \_\_\_\_\_

for the week of \_\_\_\_\_.

I, \_\_\_\_\_, agree to work on accomplishing the goals listed below:

### Instructions:

- 1 Work with your child to identify 1 to 3 specific goals or tasks for the week (e.g., *getting ready for school on time, starting homework on time, completing specific short-term or long-term assignments*).
- 2 Insert goals into the grid below. If relevant, next to the goal note the days on which these tasks should be completed. For example, for goal #1, you could write "*Complete math homework with no more than 2 reminders (Tuesday and Thursday)*" in the first column.
- 3 Ask your child to check off the goals as he or she completes them.

	Monday	Tuesday	Wednesday	Thursday	Friday
1. _____					
2. _____					
3. _____					
4. _____					

### Rewards »

Work with your child to identify an appropriate and meaningful home-based reward (e.g., *extra computer time, additional time with friends or for recreational activities, earning a "pass" on a chosen chore*). List the reward below.

If I complete these tasks, I will earn \_\_\_\_\_.  
[Reward]

### Parent/caregiver assistance:

I, \_\_\_\_\_, agree to help, if needed, by \_\_\_\_\_

\_\_\_\_\_  
[Specify type of assistance that will be provided, or write "NA"]

Week of: \_\_\_\_\_

### Signatures:

\_\_\_\_\_  
[Child signature]

\_\_\_\_\_  
[Parent/caregiver signature]