

Sample Token System, Chips

<i>Responsibilities</i> (** = required every day)	<i>Reward</i>	<i>Privileges</i> (** = available every day; italics = midterm privileges; bold = longterm privileges)	<i>Cost</i>
Making the bed**	5 chips	Television**	5 chips
Getting dressed Sunday morning	10 chips	Wii**	10 chips
Take a shower**	8 chips	Computer usage (for fun)**	5 chips
Brush teeth**	6 chips	Playing outside**	5 chips
Complete homework	10 chips	Riding bike**	8 chips
Don't hit brother in the morning	7 chips	Going out to eat	40 chips
Don't hit brother in the afternoon and evening	7 chips	Renting a DVD	40 chips
Not begging when company is over	3 chips	Buying a CD	40 chips
Clean up toys	3 chips	Staying up one hour on the week-end	30 chips
Stay seated during dinner**	3 chips	\$5.00	35 chips
Go to bed on time**	3 chips	<i>Sleep over</i>	50 chips
Help dad with yard work	15 chips	<i>Going to Discovery Zone</i>	60 chips
		<i>Getting a new bike</i>	1,740 chips
		<i>Getting a laptop</i>	2,300 chips
		<i>Take a trip to Dorney Park</i>	1,000 chips

→ Totals 33

Total points from activities that are required each day: 49 points

2/3rds (rounded): 33 points

Banking a week if spends all of daily points (1/3rd of 49 times seven plus the weekly tasks): 145 points

It is important to construct both responsibility and reward cards that specify expectations and limitations for rewards (e.g., when they can be accessed, time limits, etc.).