

## Sample Token System, Points

<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**	100 points	Television**	100 points
Getting dressed Sunday morning	200 points	Wii**	195 points
Take a shower**	150 points	Computer usage (for fun)**	75 points
Brush teeth**	125 points	Playing outside**	100 points
Complete homework	200 points	Riding bike**	150 points
Don't hit brother in the morning	150 points	<b>Going out to eat</b>	500 points
Don't hit brother in the afternoon and evening	150 points	<b>Renting a DVD</b>	500 points
Not begging when company is over	40	<b>Buying a CD</b>	525 points
Clean up toys	50 points	<b>Staying up one hour on the week-end</b>	350 points
Stay seated during dinner**	20 points	<b>\$5.00</b>	500 points
Go to bed on time**	30 points	<i>Sleep over</i>	1,000 points
Help dad with yard work	200 points	<i>Going to Discovery Zone</i>	800 points
		<i>Getting a new bike</i>	45,000 points
		<i>Getting a laptop</i>	60,000 points
		<i>Take a trip to Dorney Park</i>	30,000 points

Totals 620

Total points from activities that are required each day: 925 points

2/3rds (rounded): 620 points

Banking a week if spends all of daily points (1/3rd of 925 times seven plus the weekly tasks): 2,600 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.).