

SCHOOL BREAK ACTIVITY TRACKER

Name: _____ Week Of: _____

| CATEGORY | SPECIFIC ACTIVITY | VALUE | DONE |
|-----------------------|-----------------------------------|-----------|------|
| Daily Chores | Make bed & tidy room | 5 | |
| Personal Care | 30 mins outdoor physical activity | 10 | |
| Brain Power | Read for 20 minutes | 10 | |
| Creativity | Art, music, or building project | 15 | |
| Contribution | Help with meal prep or dishes | 10 | |
| Skill Building | Practice a new hobby/language | 15 | |

NOTES & GOALS

REWARDS EARNED