

LIFE SKILLS & ACCOUNTABILITY

WEEK OF: _____ NAME: _____

CATEGORY	TASK / RESPONSIBILITY	M T W T F S S
Personal Care	Morning Routine & Grooming	
Environment	Bedroom Tidy & Bed Made	
Home Skills	Kitchen Reset (Dishes/Counters)	
Independence	Laundry Load (Wash/Dry/Fold)	
Finances	Budget Tracking / Receipt Log	
Health	Meal Prep / Water Intake	
Academic	Planner Update & Study Review	

WEEKLY GOALS & FOCUS
REWARDS & REFLECTIONS