

INDEPENDENCE DASHBOARD

Responsibility & Personal Growth

Week Of: _____

CORE RESPONSIBILITIES	M	T	W	T	F	S	S

PERSONAL MANAGEMENT

Bedroom reset (Floor clear, bed made)							
Self-Care & Hygiene routine							

CONTRIBUTION TO HOUSEHOLD

Kitchen: Dishwasher cycle or hand-wash							
Common Area: 10-minute tidy							
Trash / Recycling rotation							

WEEKLY DEEP TASKS

CORE RESPONSIBILITIES

M

T

W

T

F

S

S

Full Laundry: Wash, dry,
and put away

Target Day: _____ []

Bathroom: Scrub surfaces
and mirror

Target Day: _____ []

Privileges & Rewards

â€¢ 100% Completion: Full weekend social privileges

â€¢ Bonus Task: _____ (+\$5.00)

â€¢ Late Policy: Unfinished tasks reduce screen time by 1hr/each

Self-Reflection & Notes

What went well this week? Challenges faced?