

**TOKEN ECONOMY SYSTEM
WORKSHEET
(For Use With Physical Tokens)**

Date:

Revision Dates:

Child's Name	Age & Grade	Other Information

Materials: Poker chips (a different color for each child) and an
 Individual container for each child to store the chips
 Several copies of Regular Family Practices (RFP's)

System start day of the week:

System end day of the week:

Weekly system for (names of children):

Bi-weekly system for (names of children):

Tokens will be stored in: parent's bedroom home office kitchen

Tokens will be exchanged for money on this day of the week:

Jobs will rotate every: two weeks month other:

STEP 1: DECIDE WHAT CHORES NEED TO BE DONE AROUND YOUR HOUSE.

I have compiled a list of jobs that need to be done in a typical household (see chart on the next page). Notice that I have detailed common tasks, how often the tasks need to be done, and the time usually needed to complete each task. Use this as a guide, or make your own list. I have provided a blank chart on my website.

CHORES TO BE DONE AT OUR HOME

Jobs	Tasks	Frequency	Time Involved
Kitchen Helper	-Set dinner table -Clear table and load dishwasher -Wash pots and pans -Prep food	Daily Daily Daily As needed	<15 mins. <15 mins. <15 mins. Varies
Laundry Helper	-Collect, sort, and start laundry -Fold laundry -Return laundry to bedrooms	Weekly Weekly Weekly	15 - 30 mins. <15 mins./load <15 mins.
Cleaning Helper	-Dust and vacuum living room, hall, and/or steps -Sweep floors -Clean bathrooms -Sweep and mop floors -Collect trash	Bi-weekly Daily or Weekly Bi-weekly Weekly	15-30 mins. <15 mins. 30 mins./bathroom Varies <15 mins.
Pet Helper	-Walk dog(s) -Feed pet(s) -Change cat litter	Daily Daily As needed	<15 mins. each time <15 mins. each time <15 mins.
Yard Helper	-Mow grass -Water garden -Weed garden -Rake leaves	Weekly As needed As needed As needed	Varies Varies Varies Varies
Babysitting Helper	-Babysit younger sibling(s)	As needed	Varies

STEP 2: CHOOSE WHICH JOBS FROM THE LIST YOU WOULD LIKE TO HAVE YOUR CHILDREN DO.

Highlight or list the jobs you'd like your kids to participate in and learn with your guidance. Start small. You can always add additional jobs to the family rotation later by inserting yourself/yourselfs in the rotation or hiring help (outsourcing) for jobs already mastered.

STEP 3: FIGURE THE TOTAL NUMBER OF CHIPS THAT CAN BE EARNED UNDER EACH JOB.

Count up the number of chips that can be earned under each job (daily, weekly, and bi-weekly). Keep in mind that each chip is worth <15 minutes (or less) of work. You will need to figure how long it takes to do certain jobs based on your house (size of lawn to mow, number of bathrooms, number of loads of laundry, amount of flooring to be swept/mopped, and so on.). Enter your numbers in the chart below.

Jobs	Daily Chip Total	Weekly Chip Total	Bi-Weekly Chip Total
Kitchen Helper			
Laundry Helper			
Cleaning Helper			
Pet Helper			
Yard Helper			
Babysitting			

STEP 4: CHOOSE AN HOURLY PAY RATE FOR EACH OF YOUR CHILDREN.

Base your decision on each child's age and experience. I recommend paying 6 - 10 year olds

(elementary aged kids) \$2 to \$3 per hour and children aged 11 - 13 (middle school aged kids) \$4 to \$5 per hour. Refer to the weekly and bi-weekly tables in the appendix located in the back of this book. Once you've decided on the weekly rate, look for the chip total from step 3 to see how much total money your child will be earning on a weekly or bi-weekly basis.

Child	Hourly Rate Per Week	Total # of Tokens From Step 3	Total Money (Weekly or Bi-Weekly)

STEP 5: DECIDE HOW YOUR TOKEN ECONOMY SYSTEM WILL OPERATE.

Make a decision as to whether or not you will start your children off with all of their chips and use response cost (take chips away), OR will you hand out chips as your children complete jobs (could be done at the end of the day for each day).

Total chips given and using response cost (taking chips): YES NO
 Chips given as soon as task completed: YES NO
 Chips given at the end of the day for the tasks that were done: YES NO

STEP 6: CREATE REGULAR FAMILY PRACTICES (RFP'S) FOR EACH TASK OF A JOB.

Fill out a Regular Family Practices (RFP) for each task of a job. Keep these all in one binder using tabs to separate each job. The binder is a place for everyone to refresh their

memories on what is expected. Make updates as needed. See Figure 11.3 of the RFP and make copies.

**STEP 7: USE THE REGULAR FAMILY PRACTICES (RFP'S)
WHEN TEACHING THE SKILL FOR THE FIRST TIME.**

Use your newly created Regular Family Practice (RFPs) to teach your children the new task. Explain what you are doing (read each step) as you demonstrate how to do the skill. Then do the skill together (guided practice). Give your child plenty of opportunities to start doing the skill on their own (independent practice). Give feedback as needed. Allow your child time to learn the skill by giving them 2-3 weeks before you give or take any tokens.