

iKidTools-at-a-Glance

Counton Card

WHAT I DO

MY COUNT

WHAT HAPPENED

RESULTS

Fair Pair Counton Card

WHAT I DO

How Many

WHAT I DO

How Many

Self-Monitoring Card

Class or Time

Behavior Tasks

Results?

Total Yes =

Total No =

Commitment Card

Commitments

Monitoring Times

Results? (O = yes, X = no)

Total O's =

Total X's =

Period Point Card

Behaviors

Class Periods

TOTALS

Class Point Card

Behaviors

Classes

TOTALS

Points Saved

Points Earned

Points Used

Points Left

Ratings Point Card

Behaviors

Times

Ratings

Assignments

Comments

Signed

Rules Point Card

Rules

Days

Signed

TOTALS

Checking Contract

If:

Then:

Bonus:

Penalty:

Monday Tuesday Wednesday Thursday Friday

YES NO

Contract

Effective Dates: From: To:

We, the undersigned parties, agree to perform the following behaviors:

If: Then:

If: Then:

Bonus:

Penalty:

Goal Contract

THIS IS MY GOAL

THIS IS MY PLAN

What? Where? When? How well?

THIS IS MY PAYOFF

Bonus: When: Where:

Homework Contract

Class:

Due Date:

ASSIGNMENT

GOAL

DONE?

BCNLS

PENALTY

STAR Card

Title:

Follow STAR?

Time Yes No

Think Like a STAR

What did I do wrong?

What was this wrong?

What should I do instead?

Why will this be better?

Costs / Payoffs Card

Behavior

NOW right this minute

LATER today or tomorrow

MUCH LATER next week, month, year

STOP! Getting is not worth as a payoff NOW as a cost LATER

Thinking / Feeling / Doing Plan

Happening

What I did in the past

What I felt in the past

What I thought in the past

What I think (past time)

What I feel (past time)

What I do (past time)