10 minutes
Extra computer/tablet time

30 minutes
Extra television

Choose weekend activity
30 minutes

EXTRA
"TANTRUM/ACTING OUT"

"DOUBLE LISTENING
DAY"

"EXCHANGE FOR 1 JELT"

Breakfast out, your choice

Dinner out, your choice

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Lunch out on weekend,
your choice

Dessert Night

Pick an activity with
Mom or Dad, 30 minutes

10 minutes
Extra computer/tablet time

Ice Cream Night

20 minutes
Extra television

Pick an activity with
Mom or Dad, 30 minutes

Pick after-dinner activity
20 minutes

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Dessert Night

"EXCHANGE FOR 1 JELT"

Trip to store of choice
(spend own money)

Pizza Night

Bake cake of choice
with Mom or Dad

10 minutes
Extra computer/tablet time

30 minutes
Extra television

Choose weekend activity
30 minutes

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Family game of choice
1 hour

Choose dinner meal
at home

45 minutes any sport
with Mom or Dad

EXTRA
"TANTRUM/ACTING OUT"

Pick any activity with
Mom or Dad, 30 minutes

"EXCHANGE FOR
FIVE JELT"

Choose weekend activity
60 minutes

Breakfast in bed
(on weekend)

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Pass any chore to another Jelt player

Trip to park, 1 hour

Choose dinner meal at home

Clear dinner table
1 Jelt

Clean up your room
1 Jelt

Set dinner table
1 Jelt

Help Mom or Dad
10 minutes - 2 Jelt

Help pack lunch/snacks
1 Jelt

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Help Mom or Dad
10 minutes - 1 Jelt

Help Mom or Dad
10 minutes - 2 Jelt

Help clean car
1 Jelt

Exercise 10 minutes
1 Jelt

Set dinner table
1 Jelt

Help with garden
10 minutes - 1 Jelt

Help Mom or Dad
10 minutes - 1 Jelt

Help pack lunch/snacks
1 Jelt

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Help pack lunch/snacks
1 Jelt

Help load dishwasher
2 Jelt

Help unload dishwasher
2 Jelt

Help put away groceries
2 Jelt

Help put away groceries
2 Jelt

Vacuum/Sweep one room
2 Jelt

Vacuum/Sweep one room
2 Jelt

Help prepare dinner
1 Jelt

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Help prepare breakfast
1 Jelt

Clean up your room
1 Jelt

Clean up living room
1 Jelt

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