

Weekly Action Item Reward Journal

Week of _____

This **week's** reward is _____

This **month's** reward is _____

Monday Action Item: _____

Today's Reward is _____

(Check one) I completed my Action Item I did not complete my action item

Tuesday Action Item: _____

Today's Reward is: _____

(Check one) I completed my Action Item I did not complete my action item

Wednesday Action Item: _____

Today's Reward is: _____

(Check one) I completed my Action Item I did not complete my action item

Thursday Action Item: _____

Today's Reward is: _____

(Check one) I completed my Action Item I did not complete my action item

Friday Action Item: _____

Today's Reward is: _____

(Check one) I completed my Action Item I did not complete my action item

Saturday Action Item: _____

Today's Reward is: _____

(Check one) I completed my Action Item I did not complete my action item

Sunday Action Item: _____

Today's Reward is: _____

(Check one) I completed my Action Item I did not complete my action item