

Reward Plan

Start Date: _____

Reward Menu (List 10 Low-Cost Rewards)

Week's Task–Reward Matches (e.g., 'Send Résumé' » Watch Sitcom Clip)

Token Jar Log (✓ for Task Done, Count Tokens, Trade at 10)

Daily Log – Task, Reward, Satisfaction (0–10)

Weekly Audit – #Tasks, #Tokens, Avg Satisfaction
