

# Reward Chart

I \_\_\_\_\_, will finish this chart truthfully

## TASKS:



I drank enough fluids during the day



I reduced the amount of liquids I drank 1-2 hours before bedtime



I did not drink any caffeine based drinks



I used the toilet 4-7 times today



I used the toilet right before bedtime



I did not use any electronics before bed



I woke up dry today!

## SUNDAY:



## MONDAY:



## TUESDAY:



## WEDNESDAY:



## THURSDAY:



## FRIDAY:



## SATURDAY:



Date:    /    /

fill in or cross out the shapes if you've completed the task!



Every knight  
Needs a Dry night