Reward Chart

_, will finish this chart truthfully

THURSDAY:

TASKS:



drank enough fluids during the day



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



did not drink any caffeine based drinks



used the toilet 4-7 times today



used the toilet right before bedtime



did not use any electronics before bed



Woke up dry today!



SUNDAY:













TUESDAY:



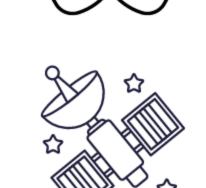










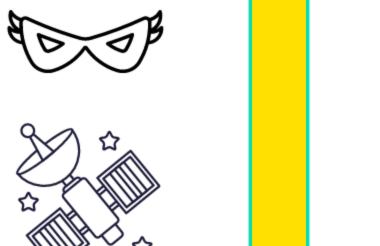








WEDNESDAY:





R D D









SATURDAY:























MONDAY:

R D D

FRIDAY:

E SOR

 \bigoplus













Date:

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