

# iKidTools-at-a-Glance

### Counton Card

WHAT I DO

MY COUNT

WHAT HAPPENED

RESULTS

### Fair Pair Counton Card

WHAT I DO

How Many

WHAT I DO

How Many

### Self-Monitoring Card

Class or Time

Behavior Tasks

Results?

Total Yes =

Total No =

### Commitment Card

Commitments

Monitoring Times

Results? (O = yes, X = no)

Total O's =

Total X's =

### Period Point Card

Behaviors

Class Periods

TOTALS

### Class Point Card

Behaviors

Classes

TOTALS

Points Saved

Points Earned

Points Used

Points Left

### Ratings Point Card

Behaviors

Times

Ratings

Assignments

Comments

### Rules Point Card

Rules

Days

Signed

TOTALS

### Checking Contract

If:

Then:

Bonus:

Penalty:

Monday Tuesday Wednesday Thursday Friday

YES

NO

### Contract

Effective Dates: From: To:

We, the undersigned parties, agree to perform the following behaviors:

If: Then:

If: Then:

Bonus:

Penalty:

### Goal Contract

THIS IS MY GOAL

THIS IS MY PLAN

What? Where? When? How well?

THIS IS MY PAYOFF

Bonus: When: Where:

### Homework Contract

Class:

Due Date:

ASSIGNMENT

GOAL

DONE?

BCNLS

PENALTY

### STAR Card

Title:

Follow STAR?

Time Yes No

STOP

THINK

ACT

RESULTS

### Think Like a STAR

What did I do wrong?

Why was this wrong?

What should I do instead?

Why will this be better?

### Costs / Payoffs Card

Behavior

NOW right this minute

LATER today or tomorrow

MUCH LATER next week, month, year

STOP! Getting is not worth as a payoff NOW as a cost LATER

### Thinking / Feeling / Doing Plan

Happening

What I did in the past

What I felt in the past

What I thought in the past

What I think (good) time

What I feel (good) time

What I do (good) time