

My allowance

Write down what came in, what you saved and what you spent. At the end of the week, see what is left.

Name

Week of

DAY	EARNED	SAVED	SPENT	BALANCE
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

My savings goal

What I want

How much it costs

How much I have

How much is left

Allowance agreements

- ☐ I save a part every week.
- ☐ Before buying, I sleep on it for a day.
- ☐ I write it down the same day.

My notes for the week

TIP: Split the allowance into three jars: save, spend and give.

My screen time

Agree on the minutes for the day and colour one box for every 15 minutes used.

Name

Week of

My agreed daily limit

minutes

EACH BOX = 15 MINUTES

Before screens I already did:

- ☐ Homework
- ☐ My chore
- ☐ Screen-free play
- ☐ Read or draw

Our house rules

- ☐ No screens at mealtimes.
- ☐ Screens off 1 hour before bed.
- ☐ I stop when time is up, no arguing.

DAY	MINUTES	WHAT I DID AWAY FROM SCREENS TODAY
Mon		
Tue		
Wed		
Thu		
Fri		
Sat		
Sun		

TIP: Pick together what happens when time runs out — it prevents the fight.

My homework plan

Write this week's tasks, tick them off and note how long each one took.

Name

Week of

DAY	SUBJECT	WHAT TO DO	TIME	DONE
Mon				☐
Tue				☐
Wed				☐
Thu				☐
Fri				☐
Sat				☐
Sun				☐

Before I pack my bag

- ☐ Read my work again
- ☐ Put materials away
- ☐ Packed for tomorrow
- ☐ Showed a grown-up

My study spot

- ☐ Clear desk, good light.
- ☐ Phone out of reach.
- ☐ A 5-minute break every 25.

What I want to improve

TIP: Start with the hardest task, while your energy is still high.

My bedtime routine

Tick each step of the evening. Seven nights in a row? Celebrate as a family.

Name

Week of

EVENING STEP	MON	TUE	WED	THU	FRI	SAT	SUN
Tidied my things	☐	☐	☐	☐	☐	☐	☐
Had my bath	☐	☐	☐	☐	☐	☐	☐
Brushed my teeth	☐	☐	☐	☐	☐	☐	☐
Clothes out for tomorrow	☐	☐	☐	☐	☐	☐	☐
Screens off	☐	☐	☐	☐	☐	☐	☐
Read a little	☐	☐	☐	☐	☐	☐	☐
Lights out on time	☐	☐	☐	☐	☐	☐	☐

My calm evening

- ☐ Low light after dinner.
- ☐ One story or quiet music.
- ☐ Tomorrow starts tonight.

How I slept

My bedtime

My wake-up time

8h

9h

10h+

A note for my family

TIP: Kids aged 7-10 need 9 to 11 hours of sleep every night.

Family signature

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