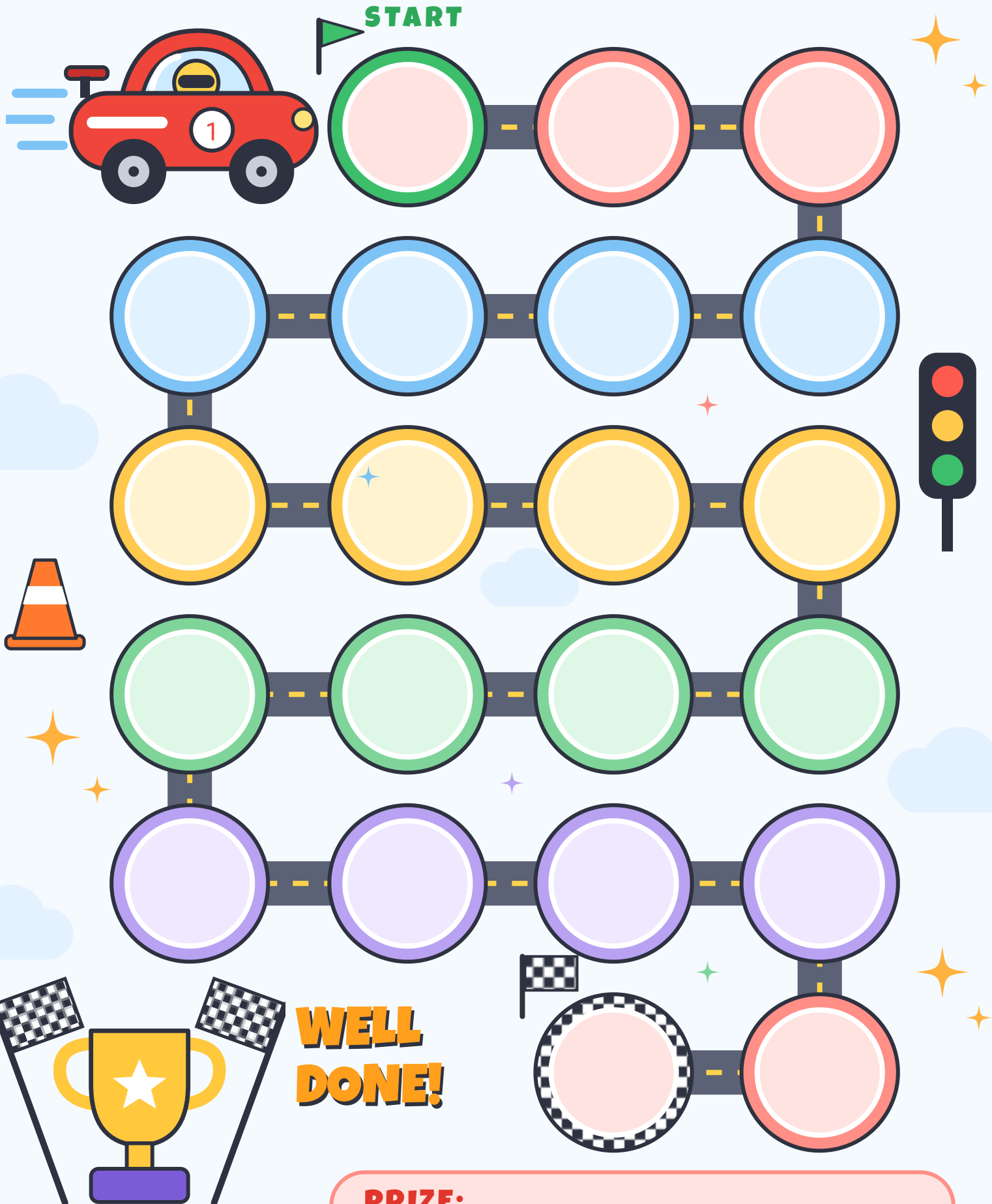


YOU CAN DO IT!



HOW TO USE YOUR RACE CHART



PICK ONE GOAL

Choose one behavior to work on, like brushing teeth, tidying up toys or going to bed on time. Explain it simply so your child knows exactly what earns a sticker.



CHOOSE THE PRIZE TOGETHER

Agree on a reward and write it on the PRIZE line. Small, meaningful prizes work best: a trip to the park, picking dinner, a special activity together.



START AT THE GREEN FLAG

Every time the goal is done, add a sticker or color in a circle. Begin at START and follow the road, one circle at a time.



CELEBRATE RIGHT AWAY

Add the sticker right after the good behavior and say exactly what they did well: "You put all your toys away by yourself!"



ONLY FORWARD, NEVER BACK

Never take stickers away. The race car only moves forward, so a tough day is just a pit stop.



CROSS THE FINISH LINE!

When the car reaches the checkered circle, celebrate and give the prize. Then print a new chart and start another race!

TIPS FOR GROWN-UPS

Hang the chart at your child's eye level so they can watch their progress. For little ones (3–5 years), choose easy goals so they reach the finish in one or two weeks. Work on one goal at a time.