



FaithWorks Counseling
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www.FaithWorksCounseling17.com

★ Daily Star Check

(Parent fills in at end of day)

Day	★ Stars Earned	✓ Tried My Best
Monday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>

✓ = effort was shown (even if the day was hard)



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★ Daily Star Check – Parent Instructions

🧠 Parent Rules for the Weekly Tracker (Important)

- The weekly reward is **never taken away**
- If a day goes badly:
 - Say: *“Tomorrow is a fresh start.”*
- Focus on **effort days**, not perfect days
- If the child meets the goal early:
 - Celebrate anyway
 - Still keep tracking (momentum matters)

🌟 Weekly Goal (Parent Chooses ONE)

- Earn stars on 3 days
- Earn stars on 4 days
- Earn stars on 5 days

⚠ Start with 3 days for the first few weeks.

🏅 Weekly Reward I'm Working For (Circle ONE)

- Special dinner choice
- Family movie night
- Park or playground trip
- Craft or baking activity
- Small toy/prize bin
- Extra bedtime story

Why This Works for ADHD

- Builds **longer-term motivation** slowly
- Reinforces consistency without pressure
- Prevents “I already messed up the week” thinking
- Keeps parents focused on **growth, not control**

What Mom Can Say

“You’re not earning rewards for being perfect. You’re earning them for trying.”