




FaithWorks Counseling
 Dr. Debbie Harnois
 2901 University Avenue, Suite 17
 Columbus, GA 31907
 706.366.9691
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.”