

Life Skill	QTY	Bronze					Silver					Gold					Platinum					SIGN	
Practical																							
Dress yourself without help	Weeks	1	2	3	4	5	6	7	8	9	10	Consistently					Consistently						
Brush teeth twice every day	Weeks	1	2	3	4	5	6	7	8	9	10	Consistently					Consistently						
Make own bed	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Consistently						
Brush hair neatly	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Consistently						
Put away toys	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Consistently						
Set the kitchen table	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40		
Feed a pet	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40		
Tie own shoelaces	Times	2	4	6	8	10	Consistently					Consistently					Consistently						
Put dirty clothes in laundry basket	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Consistently						
Clean bedroom	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	Consistently						
Clean table after meals	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	35	40	45	50	55		
Prepare own breakfast	Times	5	10	15	20	25	30	35	40	45	50	Consistently					Consistently						
Sweep leaves or outside paths	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Help in the garden—30mins	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Take out rubbish	Times	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	Consistently						
Be in bed on time		Consistently					Consistently					Consistently					Consistently						
Water indoor plants	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Consistently						
Get out of bed on time		Consistently					Consistently					Consistently					Consistently						
Washes own hair	Times	4	8	12	16	20	Consistently					Consistently					Consistently						
Cuts own fingernails	Times	1	2	3	4	5	Consistently					Consistently					Consistently						
Irons own clothes (with help if needed)	Items	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Folds and puts away clean clothes	Times	2	4	6	8	10	12	14	16	18	20	Consistently					Consistently						
Helps do laundry (wash)	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Hand wash woollens or other clothes	Times				1	2				3	4	5				6	7	8				9	10
Sews on button	Times					1					2					3					4	5	
Help with spot removal on clothes	Times					1					2					3	4	5	6	7	8		
Bring in clothes from line and fold	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Leave bathroom clean & tidy after use	Times	5	10	15	20	25	Consistently					Consistently					Consistently						
Leave toilet clean after use	Times	Usually					Consistently					Consistently					Consistently						
Shakes and/or beats rugs	Times					1					2					3					4		
Vacuums carpets	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Loads dishwasher correctly	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Unloads dishwasher & puts away dishes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Helps hand wash or dry dishes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Polish silverware or brassware	Times	Once					Once					Once					Twice						
Oil squeaky door	Times	Once					Once					Once					Twice						
Clean and polish shoes						1					2					3	4				5	6	7
Helps clean the house for 20mins	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Helps hang out clothes on line	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Helps clean the car	Times					1					2					3	4					5	6
Helps defrost the freezer	Times	Once					Once					Once					Twice						
Cut and arrange flowers in vase	Times					1					2					3						4	

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Practical (continued)																							
Make pancakes	Times				1					2					3				4	5			
Boil and peel eggs (on different days)	Times				1					2					3				4	5	6		
Scramble eggs	Times				1					2					3				4	5	6		
Make and bake a cake	Times				1					2					3						4		
Make sandwiches	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Help prepare and cook a meal	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Help prepare and write a shopping list	Times				1	2				3	4				5	6	7				8	9	10
Help collect items when shopping	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Help unpack shopping	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Return an item to a store		Once					Once					Once					Once						
Use own money to buy & check change	Times				1	2				3	4				5	6				7	8		
Make a deposit with a teller at a bank	Times				1					2					3				4	5			
Collect sponsors for ".....a-thons"	Times	Once					Once					Once					Once						
Save own money	Dollars					25					50					75					100		
Do jobs to earn money	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Can pack own bag for holidays	Times	Once					Once					Consistently					Consistently						
Can read an analogue clock	Times	Consistently					Consistently					Consistently					Consistently						
Grow at least 2 vegetables from seeds	Times	Once					Once					Once					Once						
Help weed the garden—20mins	Times			1	2	3			4	5	6			7	8	9	10	11	12	13	14	15	
Rake the lawn	Times			1	2	3			4	5	6			7	8	9	10	11	12	13	14	15	
Help plant a tree or flowers	Times					1					2					3					4		
Practice an instrument - 30 min x 5days	Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Clean pet food bowl or cages	Times				1	2				3	4				5	6	7				8	9	10
Social																							
Say grace at mealtimes	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Write a letter to a relative	Times					1					2					3					4		
Helped dress, bathe and hold a baby	Times					1					2					3					4		
Read a story to a younger child	Times					1					2					3				4	5		
Make a gift for a family member	Times					1					2					3					4		
Help an elderly person	Times					1					2					3					4		
Raise money for charity	Times	Once					Once					Once					Once						
Weed Neighbor's garden	Times	Once					Once					Once					Twice						
Become a member of Boys/Girls Brigade ,Scouts etc.	Time	6 months					6 months					6 months					6 months						
Write a thank you note (not to family)	Times					1					2					3					4		
Take part in a church or theatre drama	Times	Once					Once					Once					Once						
Read the Bible at family devotion	Times				1	2				3	4			5	6	7	8				9	10	
Make a card for family or friend	Times				1	2				3	4					5	6				7	8	
Write to a pen pal (not email)	Times					1					2					3					4		
Sing in a choir for...	Months					1					2					3					4		
Sing a solo to non-family members		Once					Once					Once					Once						
Learn and quote a Bible passage	verse					5					8					10					10		
Don't watch TV	week					1					2					3					4		

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Social (continued)																									
Bring mail into home	Weeks				1	2					3	4					5	6				7	8		
Play with a toddler for 45mins	Times					1					2						3					4			
Take a baby/toddler for a walk in pram	Times					1					2						3					4			
Write letter to family member	Times					1					2						3					4			
Invite a friend over for a few hours	Times					1					2						3					4			
Help a neighbour	Times					1					2						3					4			
Perform acts of kindness	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
Take orders - tea & coffee for 2+ people	Times					1					2						3					4			
Serve afternoon/morning tea	Times					1					2						3					4			
Visit a nursing home or hospital		Once					Once					Once					Once								
Give a foot or hand massage	Times				1	2					3	4					5	6					7	8	
Say 'Thank you'	Times	Consistently					Consistently					Consistently					Consistently								
Give your parents a big hug every day	Times	Consistently					Consistently					Consistently					Consistently								
Donate something of yours to charity	Times					1					2						3					4			
Make a Christmas 'shoe box' to donate		Once					Once					Once					Once								
Career																									
Borrow books from the library	Times	Consistently					Consistently					Consistently					Consistently								
Deliver 'junk' mail or local paper for:	Months					1					2						3					4			
Answer phone correctly	Times			1	2	3			4	5	6	Consistently					Consistently								
After a request - go the 'extra mile'	Times	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
Takes a written phone message	Times				1	2			3	4	5	6	7	8	9	10	Consistently								
Read age-appropriate books	Books	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20				
Physical fitness																									
Get 30mins exercise 3 times pr week	Weeks				1	2					3	4					5	6	7	8	10	12	14	16	20
Join and play in a sporting club	Months					1					2						3					4			
Do push ups	Times	10					10					15					20								
Do sit ups	Times	10					20					20					30								
Health and Safety																									
Recall home phone number & address		Achieved					Consistently					Consistently					Consistently								
Wash hands before a meal		Consistently					Consistently					Consistently					Consistently								
Swim skills		Tread Water 30 second					Swim 10Mtrs					Swim 20Mtrs					Swim 50Mtrs								
Wears a hat and shirt when outside		Consistently					Consistently					Consistently					Consistently								
Can clean and bandage minor cut (self)		Achieved					Achieved					Achieved					Achieved								
Has turned off the mains water valve		Achieved					Achieved					Achieved					Achieved								
Knows how to use emergency number/s		Achieved					Achieved					Achieved					Achieved								
Can locate torch, seek professional help		N/A					Achieved					Achieved					Achieved								
Parent Choice:																									