Token Economy Chart for Adults

Write two to four behaviours with a clear finish line and give each a token value. Tick the day you do it, add up the week, and trade tokens for rewards you priced in advance.

1. Earn: behaviours and tokens (easy 1 · medium 4 · hard 8 · very hard 16)

Week 1: behaviour	Tokens	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week
Tokens earned									

Week 2: behaviour	Tokens	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week
Tokens earned									

Week 3: behaviour	Tokens	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week
Tokens earned									

2. Spend: reward menu (prices from a good week of about 90 tokens for 3 behaviours)

Small
about a day's tokens (10–20)

_____ tokens
_____ tokens
_____ tokens

Medium
about a good week (60–90)

_____ tokens
_____ tokens
_____ tokens

Large
about a month (around 400)

_____ tokens
_____ tokens

3. Token bank

Week 1: earned ___ – spent ___ = ___

Week 2: + ___ – ___ = ___

Week 3: + ___ – ___ = ___

Rules: no credit, a reward only when you have the tokens · no reward on a day you didn't earn it · tokens never expire · no penalties at first · review once a week: change a rate that feels wrong, swap a reward you're not saving for, and retire a behaviour once it's automatic.