



Building a BRIGHTER TOMORROW

Created by Dr. Jasmine V. Sadler



Family Success Tracker

Small steps today. Brighter tomorrow.

1. WHAT ARE WE WORKING ON THIS WEEK?

Choose one goal (or write your own) to focus on this week.



☐ Cleaning my room



☐ Practicing _____
(Example: piano, guitar, violin, etc.)



☐ Completing homework



☐ Practicing _____
(Example: soccer, basketball, dance, etc.)



☐ Doing chores



☐ Morning routine



☐ _____
(Your goal here)



☐ Bedtime routine

2. OUR PLAN



What is our goal?



How often?

- ☐ Daily
☐ Weekdays (Mon–Fri)
☐ Weekends (Sat–Sun)
☐ Specific days: _____



What support do I need?



What does success look like?

3. WEEKLY TRACKER

Let's celebrate progress, not perfection! 

DAY	COMPLETED?	PARENT INITIALS	NOTES
MONDAY	☐ Yes! ☐ Not Yet	_____	
TUESDAY	☐ Yes! ☐ Not Yet	_____	
WEDNESDAY	☐ Yes! ☐ Not Yet	_____	
THURSDAY	☐ Yes! ☐ Not Yet	_____	
FRIDAY	☐ Yes! ☐ Not Yet	_____	
SATURDAY	☐ Yes! ☐ Not Yet	_____	
SUNDAY	☐ Yes! ☐ Not Yet	_____	

4. CELEBRATION PLAN



If I reach my goal this week, I earn: 

We will celebrate by:

REINFORCER IDEAS

Choose rewards that are motivating and meaningful!

FREE IDEAS

- ★ Extra 15 minutes of screen time
- ★ Stay up 15 minutes later
- ★ Choose a family game
- ★ Extra reading time
- ★ Pick the music
- ★ One-on-one time
- ★ Help choose dinner
- ★ Pick a weekend activity

LOW-COST IDEAS

- ★ Favorite snack or treat
- ★ Small toy or trinket
- ★ New book or magazine
- ★ Special drink
- ★ Craft or art supplies
- ★ Movie or popcorn night
- ★ Visit the park or playground
- ★ Sticker or small prize

EXPERIENCE IDEAS

- ★ Go out for ice cream
- ★ Movie night
- ★ Bowling or skating
- ★ Mini shopping trip
- ★ Sleepover with a friend
- ★ Day at the pool
- ★ Special outing
- ★ Choose a fun activity



REMEMBER:

Catch people doing something right.

Small successes build big habits.

You've got this! 

Keep going, keep growing,
and keep shining!



BUILDINGABRIGHTERTOMORROW.COM

Helping children, families, and communities
shine brighter every day.