Incremental rewards have been found to be an effective way for parents to encourage their child to perform well in school. The following is an example of a contract between a parent and child to deal with a common problem, a child who consistently fails to fill out their assignment book or planner. Adolescents have difficulty following through on long range tasks or goals, so it is important that you set up the incentives on a daily basis. It is suggested that you post the contact in a conspicuous area of your home, such as the refrigerator. Work out with your child the increasing time allotments and the preferred incentive. Screen time or outdoor play are popular choices.

**Assignment Book Contract**

1. If I bring my assignment book home with it partially filled out, I will have \_\_\_\_\_\_ minutes for my chosen activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. If I bring my assignment book home and have it completely filled out, I will have \_\_\_\_\_ minutes for my chosen activity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. If I bring my assignment book home and some of my teachers have signed or initialed it, I will have \_\_\_\_\_ minutes for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. If I bring my assignment book home with all my teacher signatures or initials, I will have \_\_\_\_\_\_ minutes for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. If I bring my assignment book home with all my teacher signatures or initials, and all the appropriate materials for homework, I will have \_\_\_\_\_ minutes for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Student signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This contract will be effective until \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_