



WEEKLY PRACTICE PLAN



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Step:</p> <p>Neil is in his room for 5 minutes with his mom sitting in a chair outside his room that he can see.</p> <p>Neil is by himself in a room with his nightlight on for 2-3 minutes (at night).</p>	<p>Step:</p> <p>Neil is in his room for 10 minutes while his mom takes a walk around the neighborhood.</p>	<p>Step:</p> <p>Neil is in his room for 10 minutes with his mom sitting in a chair outside his room that he can see.</p> <p>Neil is by himself in a room with his nightlight on for 5 minutes (at night).</p>	<p>Step:</p> <p>Neil stays home alone for 10 minutes while his mom drives around their block.</p>	<p>Step:</p> <p>Neil stays at home alone while his mom goes on a ten minute walk and she does not bring her cell phone.</p>	<p>Step:</p> <p>Neil is in his room for 10 minutes with his mom sitting in a chair outside his room that he can see.</p> <p>Neil will stay in bed for 10 minutes with his mom sitting in a chair outside his room that he can see from his bed.</p>	<p>Step:</p> <p>Neil stays home alone for 10 minutes while his mom drives around their block.</p>
<p>Reward:</p> <p>10 extra minutes of screen time</p> <p>Choose a toy to bring in the car on the way to school</p>	<p>Reward:</p> <p>Show mom a video about Mars</p>	<p>Reward:</p> <p>Choose a movie for family movie night that we usually have on Sundays</p> <p>Screen time on the drive to school</p>	<p>Reward:</p> <p>Choose a place to eat out</p>	<p>Reward:</p> <p>Buy a new item in video game</p>	<p>Reward:</p> <p>10 extra minutes of screen time</p> <p>Choose a toy to bring in the car on the way to school</p>	<p>Reward:</p> <p>Choose a place to eat out (or grab lunch)</p>