Setting Expectations Worksheet

Use this worksheet to come up with an expectation and consequence. Clearly define the specifics of the behavior and the consequences.

What?  
I would like ___________ to ___________.

State Expectations

This means (be specific)

When?  
I would this done by _______ p.m. / a.m.  
☐ All day  ☐ Everyday  ☐ Mon  ☐ Tues  ☐ Wed  ☐ Thurs  ☐ Fri  ☐ Sat  ☐ Sun

Why?  
If __________________ does follow my instructions,

However, if __________________ does not follow my instructions,