

Life
Contract

2011

This contains the rules of my life and what I must do to earn things,
but also what I must do to live under my parent's roof.

The Key to
Success

Level System

Level 1: 0-250 points

Expectations:

Morning routine:

- Wake up by 7:00 am *
- Shower
- Dress for day
- Personal hygiene
- Make bed
- Pick up room
- Be upstairs by 8:00 am *

Help XXX with XXX and XXX

Fix dinner Every Monday night – ready to eat by 5:00 pm *

Television:

TV time in the evening during down time

Watching movies with family

Schoolwork

Computer:

No Games

No buying music

No internet browsing (Unless On-Task with School or for parents)

Can plug into stereo to listen to music

School usage

Parental Request

Daily Reflections

Vehicle:

Must be with family

Church

Phone:

No Friends

Family

Church

School

Cell Phone:

No cell phone.

Church:

Must go every Sunday unless I am working or at college or in the military.

Can do sound booth 1 Sunday a month

Family Meetings:

Every Wednesday 6:00 pm *

Reflections:

Reflections are to happen daily on a Reflections document.

* Unless previously discussed or arrangements have been made for different time.

Level 2: 250 points

Expectations:

Morning routine:

- Wake up by 7:00 am *
- Shower
- Dress for day
- Personal hygiene
- Make bed
- Pick up room
- Be upstairs by 8:00 am *

Help XXX with XXX and XXX

Fix dinner Every Monday night – ready to eat by 5:00 pm *

Television:

TV time in the evening during down time

Watching movies with family

Schoolwork

Computer:

½ hour of Games (not daily)

Can buy music if approved by parents

Listen to music at anytime (Lounging or doing something, but not excessive lengths of time)

School usage

Parental Request

Daily Reflections

Facebook©

No Myspace ©

Approved social networking sites

Vehicle:

Parent request

School

Job/Work

Church / Church Activities

Parent Approval

Phone:

30 minutes with friend must ask parent for permission before doing so.

Family

Church

School

Cell Phone:

Family Meetings:

Every Wednesday 6:00 pm *

Reflections:

Reflections are to happen daily on a Reflections document.

* Unless previously discussed or arrangements have been made for different time.

Level 3: 500 points

Expectations:

Morning routine:

- Wake up by 7:00 am *
- Shower
- Dress for day
- Personal hygiene

- Make bed
- Pick up room
- Be upstairs by 8:00 am *

Help XXX with XXX and XXX

Fix dinner Every Monday night – ready to eat by 5:00 pm *

Television:

TV time in the evening during down time

Watching movies with family

Schoolwork

Computer:

1 hour of Games (not daily)

Can buy music if approved by parents

Listen to music at anytime (Lounging or doing something, but not excessive lengths of time)

School usage

Parental Request

Daily Reflections

Facebook©

No Myspace ©

Approved social networking sites

Vehicle:

Parent request

School

Job/Work

Church / Church Activities

Parent Approval

Parents are aware of where I am going

“A” or “B” friends within 1-hour radius of house

“C” friends within 30 min radius of house

Phone:

30 minutes with friend must ask parent for permission before doing so.

Family

Church

School

Cell Phone:

Family Meetings:

Every Wednesday 6:00 pm *

Reflections:

Reflections are to happen daily on a Reflections document.

* Unless previously discussed or arrangements have been made for different time.

Level 4: 800 points

Expectations:

Morning routine:

- Wake up by 7:00 am *
- Shower
- Dress for day
- Personal hygiene
- Make bed
- Pick up room
- Be upstairs by 8:00 am *

Help XXX with XXX and XXX

Fix dinner Every Monday night – ready to eat by 5:00 pm *

Television:

TV time in the evening during down time

Watching movies

Schoolwork

Computer:

1.5 hour of Games (not daily)

Can buy music

Listen to music at anytime (Lounging or doing something, but not excessive lengths of time)

School usage

Parental Request

Daily Reflections

Facebook©

No Myspace ©

Approved social networking sites

Phone:

1 hour per day with friend (must be at least a “C” friend to call without getting approval)

Family

Church

School

Cell Phone:

Family Meetings:

Every Wednesday 6:00 pm *

Reflections:

Reflections are to happen daily on a Reflections document.

* Unless previously discussed or arrangements have been made for different time.

Level 5: 1000 points

Expectations:

Morning routine:

- Wake up by 7:00 am *
- Shower
- Dress for day
- Personal hygiene
- Make bed
- Pick up room
- Be upstairs by 8:00 am *

Help XXX with XXX and XXX

Fix dinner Every Monday night – ready to eat by 5:00 pm *

Television:

TV time in the evening during down time

Watching movies

Schoolwork

Computer:

1.5 hour of Games (not daily)

Can buy music

Listen to music at anytime (Lounging or doing something, but not excessive lengths of time)

School usage

Parental Request

Daily Reflections

Facebook©

No Myspace ©

Approved social networking sites

Phone:

1.5 hour per day with friend (must be at least a “D” friend to call without getting approval)

Family

Church

School

Cell Phone:

Can have one

Family Meetings:

Every Wednesday 6:00 pm *

Reflections:

Reflections are to happen daily on a Reflections document.

* Unless previously discussed or arrangements have been made for different time.

Level 6: 1200 points

Expectations:

Morning routine:

- Wake up by 7:00 am *
- Shower
- Dress for day
- Personal hygiene
- Make bed
- Pick up room
- Be upstairs by 8:00 am *

Help XXX with XXX and XXX

Fix dinner Every Monday night – ready to eat by 5:00 pm *

Television:

Self-Monitoring

Computer:

Self- Monitoring

Phone:

Self-Monitoring

Cell Phone:

Self-Monitoring

Family Meetings:

Every Wednesday 6:00 pm *

Reflections:

Reflections are to happen daily on a Reflections document.

* Unless previously discussed or arrangements have been made for different time.

Must clean bathroom once a week. Preferably on the weekends.

Should be home by 9:00 p.m. unless previously planned. No last minute calling to change time.

Can listen to music, but must be respectful of others with the volume.

Facebook® is OK, Mom and dad must be friends of mine and linked to my page by Family member.

Cannot limit what parents can see on my page. Must let them access my page upon request. No foul language or vulgarity shall be on page.

Points and reflections are to be done daily on points and reflections documents on computer.

Good Terms Exit Plan

Living Arrangements:

Apartment?

If land is purchased, possibly move in that house?

Expectations of Relationship:

Visits

- Whenever?

Dress

- Normal Dress?

Language

- No Foul Language

Attitude

- No Yelling
- Open to communication
- Willing to discuss issues

What is not allowed in the home:

- Drugs, Alcohol, or Smoking
- Disrespect
- Non-Working Friends

Financial Arrangements:

What are the Child's belongings?

- 5 pairs of Pants / Jeans
- 10 Pair of Underwear

- 10 Pairs of Socks
- 10 Shirts
- 2 Pairs of shoes
- 1 Shampoo
- 1 Conditioner
- Razor
- Shaving Cream
- Toothbrush
- Toothpaste
- Contacts
- Contact Solution
- Contact Case
- Glasses
- Coat Jacket
- Deodorant
- IPod
- Bose In-Ear Headphones
- Wallet
- Watch
- ?

(** With this exit plan being a good, working exit plan, would I be able to take anything out of my room?)

What assistance is there? :

- Car (Toyota Corolla)
- ?

How long will there be assistance? :

- ?

Re-Entry Plan:

What will it take for XXX to come back into the home?

- ?

X
Child

X
Parent 1

X
Parent 2