

Mission Possible! ADHD-Friendly Chore Tracker

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How this works							
1.	Kids earn XP for each mission they complete. Type x, X, ✓, or yes in the day boxes.						
2.	Keep missions short and visible. ADHD brains do better with quick wins and clear categories.						
3.	Pick rewards that work for your household. This template is customizable.						
4.	Use the Mood Check-In to notice patterns, not to punish bad days.						
5.	Print weekly, laminate, or use digitally in Google Sheets.						
Best ADHD-friendly tips							
•	Reward effort and progress, not perfection.						
•	Use fewer chores at first. Add more only after the routine feels easy.						
•	Let kids pick some missions and rewards so they feel ownership.						
•	Reset weekly. A tough day should not ruin the whole chart.						
Wonder Nest Storefront Use	This workbook is designed as a reusable digital product template. You can duplicate it and create themed versions.						
Theme ideas	Space Explorer, Dino Adventure, Mermaid Quest, Dragon Academy, Pirate Treasure Hunt						
Customization	Change task names, XP values, rewards, and colors to fit different homes.						

Rewards + Level Up Tracker

XP Needed	Rank		XP Needed	Reward		
0	Rookie		0	Keep Going!		
25	Explorer		25	Pick Dessert		
50	Adventurer		50	Extra Screen Time		
100	Hero		75	Choose Family Movie		
150	Super Hero		100	Small Toy or Treat		
250	Legend		150	Trip to the Park		

Parent Notes: Swap rewards for low-cost options like choosing dinner, extra bedtime story, park trip, library visit, or special one-on-one time.

Customize Tasks for Different Households

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Category	Task Idea	Suggested XP	Notes		
Morning	Make bed	1	Small, fast win		
Morning	Brush teeth	1	Daily routine		
Morning	Pack backpack	2	Good school-day task		
Kitchen	Put away clean silverware	2	Low-risk helper job		
Kitchen	Wipe table	2	Use a simple visual cue		
Pet Care	Feed pet	2	Only with adult backup if needed		
Laundry	Put dirty clothes in hamper	1	Easy reset task		
Laundry	Match socks	2	Good sensory sorting task		
Bedroom	Clear bedroom floor	2	Use a 5-minute timer		
School	Read 15 minutes	2	Can be read aloud or audiobook		
Kindness	Help sibling	2	Positive behavior XP		
Bonus	Complete all missions	5	Big win, not required daily		