

ENERQI CREDITS ALLOWANCE EXCHANGE CHORES LIST

www.EnerqiCredits.com

INSTRUCTIONS

1. Put on your calorie counting watch.
2. Perform chores and other activities on your chores list that your parents agree to.
3. Record your activities and calories burned on your allowance exchange spreadsheet.
4. Cash in your calories at the exchange rate your parents agree to. (example: 500 calories X \$0.02 = \$10)

CHORES LIST

NAME: _____

CHORE	DESCRIPTION