

NEUROHEAL · NEUROPLAY PILLAR

PRODUCT 02 OF 5 · NEUROPLAY SERIES

Chore Quest Gamified Routine Pack

Points · Levels · Reward Menus

Dashboard · Chore Cards · Boss Battles

"Stop nagging. Start questing."


WHAT'S INSIDE:


Printable cards · Trackers · Scripts · Boards · Guides

DELIVERY-READY DIGITAL PRODUCT · FACELESS BRAND · NEUROHEAL

Welcome to Chore Quest!

Chore Quest transforms daily tasks into an epic adventure. Children earn Gold Coins for completing chores, level up their Hero Card, and unlock rewards from the Reward Menu. No more nagging — just questing.

 Chore Cards	 Point System	 Quest Board	 Hero Card	 Reward Menu	 Boss Battles
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 Consistency is the magic ingredient. Run Chore Quest for at least 21 days before evaluating. Celebrate streaks, not perfection.

THE POINT SYSTEM — Gold Coins

Every chore awards Gold Coins (GC) based on difficulty. Points never expire in the same week.








1 GC Easy Quest	2 GC Standard Quest	3 GC Challenge Quest	5 GC Epic Quest	10 GC BOSS BATTLE
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HERO LEVELS — Rank Up!

Badge	Title	Weekly Target	Reward Tier
	Squire	0–20 GC / week	Earns Small Rewards
	Knight	21–40 GC / week	Earns Medium Rewards
	Champion	41–60 GC / week	Earns Large Rewards
	Wizard	61–80 GC / week	Earns Epic Rewards
	LEGEND	81+ GC / week	Anything on the list!

CHORE CARDS — The Quest Library

Each card shows the chore, point value, step-by-step guide, and age suitability. Print, laminate, post on Quest Board.

	Make My Bed	2 POINTS	Ages 5–12
HOW:	<ol style="list-style-type: none">1. Straighten the sheet2. Pull up the duvet3. Fluff your pillow4. Put stuffed animals back		
	Clear the Table	2 POINTS	Ages 5–12
HOW:	<ol style="list-style-type: none">1. Carry your plate to the sink2. Wipe your spot with a cloth3. Push in your chair4. Say 'All done!'		
	Feed the Pet	3 POINTS	Ages 6–12
HOW:	<ol style="list-style-type: none">1. Fill the food measure2. Pour into bowl3. Refill water4. Wash your hands		
	Sort the Laundry	2 POINTS	Ages 6–12
HOW:	<ol style="list-style-type: none">1. Find all the socks2. Match pairs together3. Put in the pile4. Tell an adult when done		
	Empty the Dishwasher	3 POINTS	Ages 7–12
HOW:	<ol style="list-style-type: none">1. Check dishes are dry2. Put cups in cupboard3. Put plates in stack4. Put cutlery in drawer		
	Vacuum a Room	3 POINTS	Ages 8–12
HOW:	<ol style="list-style-type: none">1. Clear floor of toys2. Plug in / turn on3. Vacuum in lines4. Empty dust if full		
	Water the Plants	2 POINTS	Ages 5–12

- HOW:**
1. Get the watering can
 2. Fill with water
 3. Water each plant gently
 4. Put can away



Pack My School Bag

2
POINTS

Ages 6–12

HOW:

1. Check homework in
2. Pack your water bottle
3. Check your shoes are ready
4. Hang bag by the door



Wipe the Bathroom Basin

2
POINTS

Ages 7–12

HOW:

1. Spray with cleaner
2. Wipe basin with cloth
3. Rinse cloth
4. Put cloth to wash



Fold My Clothes

3
POINTS

Ages 7–12

HOW:

1. Get the clean pile
2. Fold each item flat
3. Sort by type
4. Put in drawers



Set the Table

2
POINTS

Ages 5–12

HOW:

1. Count how many people
2. Place mats first
3. Cutlery on each side
4. Glasses filled



Tidy My Room

5
POINTS

Ages 6–12

HOW:

1. Put toys in boxes
2. Dirty clothes in basket
3. Books on shelf
4. Floor clear — done!

BOSS BATTLES — Epic Weekly Challenges

Boss Battles are big one-off challenges worth 10 GC each. Complete a Boss Battle to unlock a special bonus reward.

	THE LAUNDRY DRAGON Do ALL laundry from start to finish: sort, wash, dry, fold, put away.	Reward: 10 GC + ONE bonus reward from the Epic Tier
	THE KINGDOM CLEAN Clean the entire living room: vacuum, dust, tidy, wipe surfaces.	Reward: 10 GC + Choose tomorrow's dinner
	THE GARDEN GUARDIAN Weed a small area, water all plants, sweep the path, put tools away.	Reward: 10 GC + Extra 30 minutes of chosen activity
	THE MEGA TIDY Tidy your room, the bathroom, AND the hallway all in one session.	Reward: 10 GC + Anything under the Gold tier + a trophy certificate

REWARD MENU — The Treasure Vault

Fill in the child's preferred rewards in each tier. Revisit and update monthly.

■ SMALL (Squire Tier — 1–20 GC)

Small, immediate pleasures

■ 15 extra minutes screen time

■ Choose the movie tonight

■ Skip one vegetable at dinner

■ Stay up 20 minutes later

■ Choose the music in the car

■ Pick tonight's dessert

■ Your reward: _____

■ MEDIUM (Knight Tier — 21–40 GC)

Outings and activities

■ 30 minutes of chosen 1:1 time with parent

■ Trip to the library or park

■ Choose weekend lunch

■ New small toy or book (budget: _____)

■ Game night — child chooses game

■ Your reward: _____

■ LARGE (Champion Tier — 41–60 GC)

Bigger experiences

■ Trip to [child's favourite place]

■ Sleepover

■ A new toy/game (budget: _____)

■ Skip school dinner and bring lunch for a week

■ Special experience: _____

■ Your reward: _____

■ EPIC (Wizard/Legend Tier — 60+ GC)

Memory-making events

■ Choose a day trip destination

■ New Lego set or special item

■ Party with friends

■ Technology upgrade (budget: _____)

■ Anything on the list + one extra!

■ Your reward: _____

WEEKLY QUEST DASHBOARD

Print one per week. Stick on the fridge. Child ticks and tallies daily.

Weekly Quest Tracker — Week of: _____

QUEST (Chore)	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL GC

MY HERO CARD — Cut Out & Laminate

Child fills in their Hero name, level, and running total. Update each Sunday.

HERO NAME:	_____ _____	CURRENT LEVEL:	_____ _____
WEEKLY GC:	_____ _____	BEST WEEK EVER:	_____ _____
CURRENT STREAK:	_____ days	NEXT REWARD:	_____ _____