

INPUT-OUTPUT CHART INSTRUCTIONS

Please read the article found at [torontoconcussion.ca > Education > Library > INPUT-OUTPUT CHART](https://torontoconcussion.ca/terminology/input-output-chart/) (<https://torontoconcussion.ca/terminology/input-output-chart/>) to learn more contextual information about this exercise.

At the webpage above, you will find instructions on how to use the INPUT-OUTPUT CHART and you will also see an example of a sample completed INPUT-OUTPUT CHART.

INPUT-OUTPUT CHART

ENTER DATES →														
LIST HERE ↓ 1 TO 4 ACTIVITIES/BEHAVIOURS YOU WILL COMMIT TO (YOUR INPUTS/EFFORTS)														
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LIST HERE ↓ 1 TO 2 OF YOUR DESIRED OUTCOMES (YOUR OUTPUTS/REWARDS)														

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Adapted from Dubord, Greg. (2011). Part 3. The reward chart. Canadian family physician Médecin de famille canadien. 57. 201.