

# AFTER SCHOOL

## Screen Time Checklist

| HAVE YOU?                                    | M | T | W | T | F |
|--|---|---|---|---|---|
| Washed Your Hands                            |   |   |   |   |   |
| Put Your Shoes Away                          |   |   |   |   |   |
| Hung Up Your Jacket                          |   |   |   |   |   |
| Unpacked Your Backpack                       |   |   |   |   |   |
| Unpacked Your Lunchbox                       |   |   |   |   |   |
| Did Your Homework                            |   |   |   |   |   |
| Finished Your Chores                         |   |   |   |   |   |
|  |   |   |   |   |   |
|  |   |   |   |   |   |
| <b>Then you'll get screen time for _____</b> |   |   |   |   |   |

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| HAVE YOU? | M | T | W | T | F |
|-----------|---|---|---|---|---|
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |
|           |   |   |   |   |   |

Then you'll get screen time for \_\_\_\_\_