

SUMMMER

Screen Time Checklist

HAVE YOU?	M	T	W	T	F
Gotten Dressed					
Brushed Your Teeth					
Brushed Your Hair					
Made Your Bed					
Read for 20 min					
Done a Chore					
Played Outside					
Cleaned Your Room					
Writing or Drawing (15min)					
Math, Games, or Puzzles (15 min)					
Then you'll get screen time for _____					


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Then you'll get screen time for _____	