



SUMMER Screentime Checklist

no devices until these are done:

- | | |
|---|---|
| <input type="checkbox"/> brush teeth | <input type="checkbox"/> get dressed |
| <input type="checkbox"/> clean up
after eating | <input type="checkbox"/> do something
creative |
| <input type="checkbox"/> tidy up room | <input type="checkbox"/> read for
20 minutes |
| <input type="checkbox"/> complete chores
as assigned | <input type="checkbox"/> play
outside |

CONGRATULATIONS!
You may now ask for
screentime!

