

SCREEN TIME REWARDS CHART

NAME: _____ WEEK OF: _____

POSITIVE BEHAVIOR / TASK	REWARD	DAILY PROGRESS (M T W T F S S)
Morning Routine (Dressed, Bed Made)	15 Min	
Reading (20 Minutes)	20 Min	
Outdoor Play / Physical Activity	15 Min	
Homework / Educational Worksheet	30 Min	
Chore: _____	10 Min	
Acts of Kindness / Helping Others	Bonus	

DAILY TOTALS

MON: _____

TUE: _____

WED: _____

THU: _____

FRI: _____

WEEKLY GOAL & REWARD

Target: _____ Minutes

Actual: _____ Minutes

NOTES