

SCREEN TIME EARNED

NAME: DATE:

THE MISSION

EARNED TIME

DONE!

Dress yourself & brush teeth

+10 Mins

Pick up your toys

+15 Mins

Eat your healthy meal

+10 Mins

Read a book together

+20 Mins

Outside play (30 mins)

+30 Mins

Help clean the table

+5 Mins

TOTAL SCREEN TIME EARNED: _____ MINS