

SCREEN TIME REWARDS

Earn tech time through learning

STUDENT NAME: _____

WEEK OF: _____

EDUCATIONAL ACTIVITY	TIME SPENT	REWARD EARNED
Reading (Book or E-Reader)	20 Minutes	15 Mins Screen Time
Math Practice / Worksheets	15 Minutes	15 Mins Screen Time
Science Exploration / Lab	30 Minutes	20 Mins Screen Time
Writing / Journal Entry	1 Page	10 Mins Screen Time
Language / Vocabulary App	15 Minutes	10 Mins Screen Time
Physical Activity / Outdoors	30 Minutes	20 Mins Screen Time

DAILY PROGRESS TRACKER

MON

TUE

WED

THU

FRI

SAT

SUN

Note: Educational screen time (research, coding, schoolwork) does not require trade-in.