

EXERCISE FOR SCREEN TIME

Earn your digital minutes through movement

ACTIVITY TYPE

DURATION

REWARD EARNED

Jumping Jacks / Burpees

10 Minutes

20 Mins Screen Time

Bicycle Ride / Scooter

20 Minutes

30 Mins Screen Time

Push-ups / Planks / Sit-ups

10 Minutes

20 Mins Screen Time

Outdoor Running / Tag

15 Minutes

30 Mins Screen Time

Sports Practice (Soccer, etc.)

30 Minutes

60 Mins Screen Time

Yoga / Stretching

15 Minutes

15 Mins Screen Time

Custom: _____

Additional Goals / Parent Signature

Name: _____ Week Of: _____