

SCREEN TIME REWARDS

Earn your tech time by completing daily goals

NAME _____

WEEK OF _____

TASK / GOAL	REWARD	M T W T F S S
Make bed & clean room	15 Min	
Reading (20 minutes)	30 Min	
Outdoor play / Exercise	20 Min	
Homework / Studying	30 Min	
Help with dinner/dishes	15 Min	

BONUS WEEKEND REWARD:

(Example: Movie night, New app download, Extra 1 hour)

"Work hard, play smart."