

SCREEN TIME REWARDS

Complete healthy habits to earn digital minutes

Healthy Habit / Task

Reward

Done

Read a book for 20 minutes

+20 Mins

Outside physical activity (30 mins)

+30 Mins

Complete all daily chores

+15 Mins

Practice a musical instrument / hobby

+15 Mins

Morning / Evening hygiene routine

+10 Mins

Help with dinner or cleanup

+10 Mins

Daily Total Earned: _____

Parent Initial