

SCREEN TIME REWARDS

NAME: _____

DAILY CONTRIBUTION

EARNED TIME DONE

Make Bed & Tidy Room

15 Mins

30 Minutes Outdoor Play

20 Mins

Read a Book (20 Mins)

30 Mins

Homework/Practice Instrument

30 Mins

Help with Dinner/Dishes

15 Mins

Random Act of Kindness

Bonus 10

Total Minutes Earned Today: _____

All screen time must be used before 8:00 PM.