

SCREEN TIME EARNED

Complete responsibilities to unlock digital time

Responsibility / Task

Time Earned
Completed

Bedroom Clean & Bed Made

+15 Mins

Homework & Study Sessions

+45 Mins

Kitchen Duty (Dishes/Trash)

+20 Mins

30 Mins Physical Activity

+30 Mins

Reading (Non-Screen) 20 Mins

+20 Mins

Personal Hygiene (Shower/Brushing)

+15 Mins

TOTAL TIME EARNED TODAY: _____ MINS

Notes: