

WEEKLY SCREEN TIME REWARDS

NAME: _____ WEEK OF: _____

DAILY RESPONSIBILITIES	M	T	W	T	F	S	S	EARNED
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Bed Made & Room
Tidy

Homework/Study (1
Hour)

Daily Chore / Trash

Physical Activity (30
Min)

Reading / Creative
Hobby

TIME CONVERSION GUIDE

1 Task Completed = 15 Minutes

All Daily Tasks Done = +30 Min Bonus

Weekly Clean Room = 1 Hour Extra

A Grade on Test = 2 Hours Extra

REDEEMED THIS WEEK

Total Earned: _____

Total Used: _____

Remaining: _____

* Screens off by 9:00 PM unless weekend or approved.