

# EARN YOUR SCREEN TIME

## Checklist



**Make My Bed**



**Brush My Teeth & Hair**



**Put Away Laundry & Clean Up my Room**



**Finish all my Chores**



**30 Minutes of Reading**



**60 Minutes Playing Outside**



**30 Minutes Arts & Crafts or Writing**



**Help Out One Person From My Family**



**Clean up All My Toys / Mess**



**Do One Thing Nice for Someone Else**



**Earn 45 Minutes of Screentime**

# EARN YOUR SCREEN TIME

## Checklist



A vertical column of ten empty red circles, intended for a child to mark progress or completion of tasks.



**Earn \_\_\_\_\_ Minutes of Screentime**