



# Screen Time

## RULES



HAVE YOU...

1. BRUSHED YOUR TEETH & HAIR?

2. MADE YOUR BED?

3. GOTTEN DRESSED?

4. HAD BREAKFAST?

THAT'S GREAT!

YOU CAN NOW EARN 30 MINUTES OF SCREEN TIME BY DOING THE FOLLOWING:

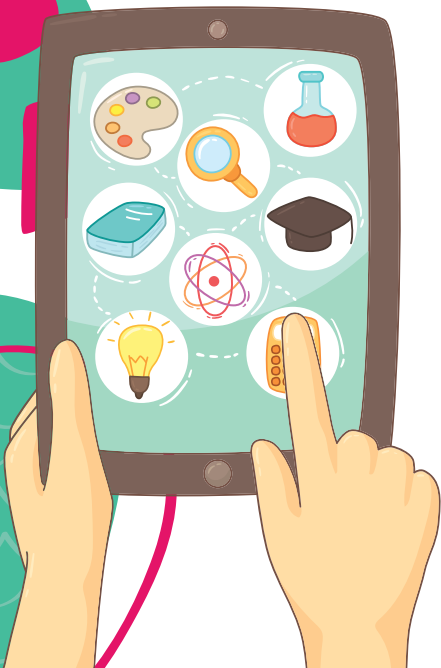
1. READ A BOOK FOR 30 MINUTES.

2. PUT AWAY THE LAUNDRY.

3. TAKE OUT THE TRASH.

4. DUST THE FURNITURE.

5. WIPE DOWN THE COUNTERS.



EARN PUNCHES BY FOLLOWING THE SCREEN TIME RULES!

Screen Time

PUNCH CARD

NAME: \_\_\_\_\_



EARN PUNCHES BY FOLLOWING THE SCREEN TIME RULES!

Screen Time

PUNCH CARD

NAME: \_\_\_\_\_

