

# Family Screentime

Week of .....

	USES	Hours per Day
1	School/Work-required time	
2	Health/Fitness/Family-has mental or physical health value	
3	strictly recreational-no educational/social value	

What Must be Completed Prior to doing #2 or #3

- Clean Room/Chores
- School/Homework
- Physical Activity (list minutes)
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School & Free Time Schedule	
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Monitor how much of #2 you are doing, and who/how

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TRACKER-Each Circle = 15 mins of nonsense screen time

Notes