



Earn Screen Time Chart

Do the task, earn the minutes. The weekly limit stays the same.

Name _____ Week of _____ Weekly limit (minutes) _____

Ways to earn

Task	Minutes	Task	Minutes

This week

Day	What I did	Minutes earned	Minutes used	Parent OK
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐
Week total				

Our screen rules

Use only minutes you've already earned, and never more than the weekly limit.

Most minutes in one day _____ Screens off by _____ Screens stay out of _____

Kid signature _____ Parent signature _____ Date _____



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