



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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