

# SCREEN TIME tracker

weekdays

	MON	TUES	WED	THU	FRI
I EMPTIED MY BACKPACK					
I PUT AWAY MY LUNCH PAIL					
I CLEANED UP AFTER MY SNACK					
I DID MY HOMEWORK					
I TIDIED UP MY ROOM					
I READ A BOOK OR TWO					
I HELPED SOMEONE OUT					

ONE TV = 5 MINUTES OF SCREEN TIME