




# SCREEN TIME CHECK LIST






Name: .....

No screen time before you....




## Monday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.




## Tuesday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.




## Wednesday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.




## Thursday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.




## Friday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.

## Saturday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.

## Sunday

-  read a book for ..... min.
-  tidy up your room
-  play off-screen for ..... min.

