

FAMILY SCREEN TIME CHECKLIST

Have you... 

- BRUSHED YOUR TEETH
- BRUSHED YOUR HAIR
- DRESSED FOR THE DAY
- HAD BREAKFAST
- MADE YOUR BED
- READ FOR 30 MIN
- PICKED UP YOUR ROOM
- PLAYED OUTSIDE
- FINISHED CHORES
- WRITE/COLOR FOR 20 MIN

Now you can use a device!