



Summer Screen Time Checklist

FREE TIME: You may have up to 30 minutes of screen time after waking up. Use it then or save it for later.

Fuel Your Body

- Eat a balanced breakfast
- Eat breakfast and lunch
- Make a healthy snack
- Help prepare a meal
- Drink plenty of water
- Try a new healthy recipe
- _____

Goal: Take care of your body and fuel yourself well.

Connect With Others

- Hang out with a friend
- Call a family member
- Board game
- Errand with Mom or Dad
- Time with family
- Help sibling
- _____

Goal: Spend time with real people.

Be Helpful

- Empty dishwasher
- Clean your room
- Vacuum floors
- Vacuum couches
- Garbage & Recycling
- Clean bathroom
- Laundry
- _____

Goal: Contribute to our home and family.

Move Your Body

- Walk
- Bike ride
- Gym or workout video
- Hike
- Swim
- Basketball
- Golf
- Dance
- Yard work
- _____

Goal: At least 30 min. Get your heart rate up and move!

Exercise Your Mind

- Read a book
- Audiobook while drawing
- Practice music
- Write or journal
- STEM activity
- Art Project
- Puzzle
- Learn a new language
- _____

Goal: Learn something or create something.

Complete all 5 categories = More screen time unlocked!

Additional screen time earned will depend on that day's schedule, overall contributions, and attitude.

All screens count toward screen time (phone, computer, ipad, and TV)!