

How to Earn Technology Time



TASKS to COMPLETE:	MINUTES EARNED for TECHNOLOGY	DAYS of the WEEK				
		Mon	Tues	Wed	Thurs	Fri
Exercise (30 minutes)	15 minutes					
Play Outside (30 minutes)	15 minutes					
Chores	15 minutes					
Read (30 minutes)	15 minutes					
Create (30 minutes)	15 minutes					

- I understand that I must complete the tasks in order to earn screen time.
- I am responsible for managing the tasks and the technology minutes (using a timer).
- Minutes are good for one day and expire at 7:00 pm every night.
- Mom and Dad have final say on how technology is used.

Signed _____ and _____.