

DAILY SCREEN TIME SCHEDULE

Child's Name:

Date:

Time	Activity	Screen Time Allowed
6:00 AM – 7:00 AM	Wake up & Get ready	No screens
7:00 AM – 8:00 AM	Breakfast & Family time	No screens
8:00 AM – 3:00 PM	School / Learning time	Educational screens only
3:00 PM – 4:00 PM	After-school snack & Relaxation	30 minutes free screen time
4:00 PM – 5:00 PM	Homework / Reading	No screens
5:00 PM – 6:00 PM	Physical activity / Outdoor play	No screens
6:00 PM – 7:00 PM	Dinner & Family time	No screens
7:00 PM – 8:00 PM	Bath time & Get ready for bed	No screens
8:00 PM – 8:30 PM	Family screen time	30 minutes together
8:30 PM	Bedtime	All screens off

Daily Screen Time Limit

/hours

NOTE

- Educational screen time doesn't count towards the daily limit
- Earn extra screen time by completing chores or good behavior
- No screens allowed during meals or family time
- All devices to be charged overnight in a central location, not in bedrooms

Parent's Signature:

Child's Signature:

WEEKLY SCREEN TIME TRACKER

Child's Name:

Date:

Day	Time Allowed	Time Used	Activities	Notes
Monday	/hours	/hours		
Tuesday	/hours	/hours		
Wednesday	/hours	/hours		
Thursday	/hours	/hours		
Friday	/hours	/hours		
Saturday	/hours	/hours		
Sunday	/hours	/hours		

Total Weekly Screen Time Allowed

/hours

Total Weekly Screen Time Used

/hours

TYPES OF SCREEN TIME:

- TV/Movies
- Video Games
- Social Media
- Educational Apps
- Video Calls
- Other: _____

WEEKLY GOALS:

Rewards for Meeting Goals:

Consequences for Exceeding Limits:

Parent's Signature:

Child's Signature:

OUR FAMILY'S SCREEN TIME RULES



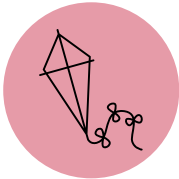
BALANCE IS KEY

For every hour of screen time, enjoy an hour of physical activity or outdoor play.



SHARE AND CARE

Take turns and share devices with siblings fairly.



MEAL TIMES ARE SCREEN-FREE

For every hour of screen time, enjoy an hour of physical activity or outdoor play.



QUALITY OVER QUANTITY

Choose educational and age-appropriate content.



HOMEWORK COMES FIRST

Complete all homework and chores before screen time.



FAMILY TIME IS PRECIOUS

Participate in daily screen-free family activities.



BEDTIME BUFFER

All screens off at least 1 hour before bedtime.



SAFETY FIRST

Never share personal information online without parent permission.



BE KIND ONLINE

Treat others with respect in all digital interactions.



TIME LIMITS

Stick to agreed-upon daily and weekly screen time limits.



ASK BEFORE DOWNLOADING

Get parent approval before downloading any new apps or games.



DEVICE-FREE ZONES

No screens in bedrooms or bathrooms.

REMEMBER:

Screen time is a privilege, not a right. Let's use it wisely and enjoy the real world too!
We agree to follow these rules:

Mom's Signature

Dad's Signature

Child 1 Signature

Child 2 Signature

Child 3 Signature

Child 3 Signature

SCREEN TIME REWARD COUPONS



Child's Name: _____
Date Earned: _____
Parent's Signature: _____

15 MINUTES OF EXTRA SCREEN TIME

Valid for: One-time use

Expires: [Date]

Earned by: Reading a book and writing a short review



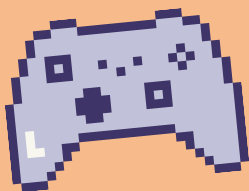
Child's Name: _____
Date Earned: _____
Parent's Signature: _____

CHOOSE THE FAMILY MOVIE NIGHT FILM

Valid for: One family movie night

Expires: [Date]

Earned by: Reading a book and writing a short review



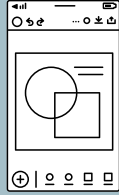
Child's Name: _____
Date Earned: _____
Parent's Signature: _____

30 MINUTES OF YOUR FAVORITE VIDEO GAME

Valid for: One-time use

Expires: [Date]

Earned by: Helping with household chores without being asked



Child's Name:

Date Earned:

Parent's Signature:

1 HOUR OF EDUCATIONAL APP TIME

Valid for: One-time use

Expires: [Date]

Earned by: Getting an A on a test or project



Child's Name:

Date Earned:

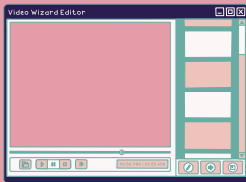
Parent's Signature:

VIDEO CALL WITH A FRIEND

Valid for: 30-minute call

Expires: [Date]

Earned by: Completing a week of daily exercise



Child's Name:

Date Earned:

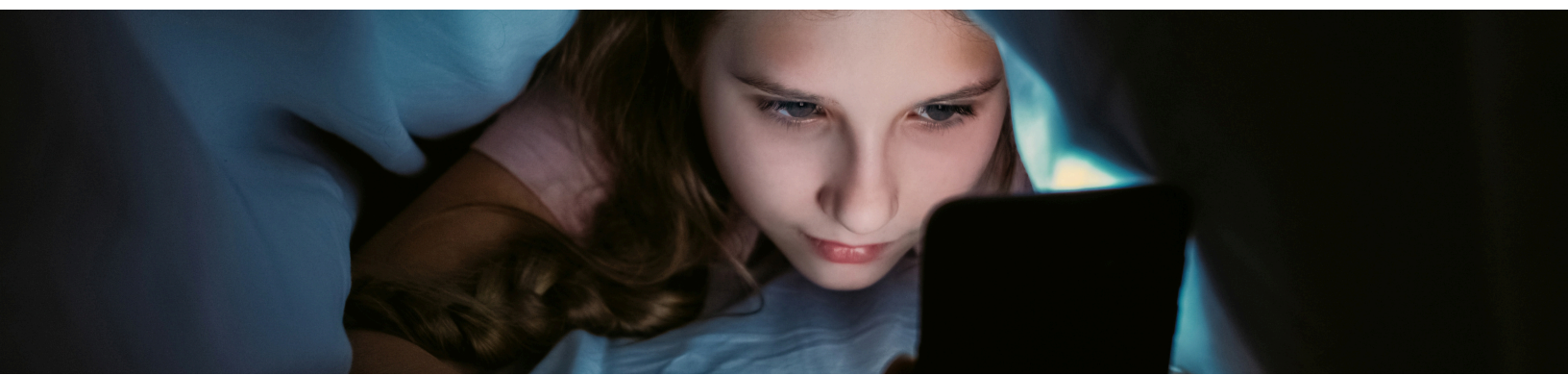
Parent's Signature:

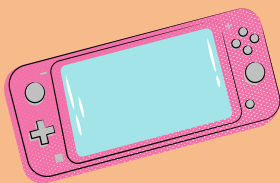
PARENT-FREE YOUTUBE TIME

Valid for: 45 minutes of approved channels

Expires: [Date]

Earned by: Demonstrating responsible online behavior for a month





GAMING SESSION WITH DAD/MOM

Child's Name:

Date Earned:

Parent's Signature:

Valid for: 1-hour gaming session

Expires: [Date]

Earned by: Improving grades in a challenging subject



DOUBLE SCREEN TIME DAY

Child's Name:

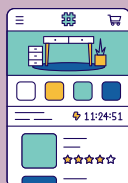
Date Earned:

Parent's Signature:

Valid for: One weekend day

Expires: [Date]

Earned by: Completing a major household project or volunteer work



CHOOSE A NEW APP TO DOWNLOAD

Child's Name:

Date Earned:

Parent's Signature:

Valid for: One app (parent-approved)

Expires: [Date]

Earned by: Saving allowance and contributing to the app cost



LATE NIGHT SCREEN TIME PASS

Child's Name:

Date Earned:

Parent's Signature:

Valid for: 30 extra minutes past bedtime

Expires: [Date]

Earned by: Maintaining a consistent sleep schedule for two weeks

WEEKLY CHORE CHART WITH SCREEN TIME REWARDS

Name: _____

Week of:

Chore	M	T	W	TH	F	S	S	Screen Time Reward
Make bed								5 mins/day
Brush teeth (2x daily)								5 mins/day
Clean room								10 mins/completion
Set table								5 mins/day
Clear table								5 mins/day
Feed pet								5 mins/day
Take out trash								10 mins/completion
Fold laundry								15 mins/completion
Vacuum/sweep								15 mins/completion
Help with dishes								10 mins/day

[illegible]

Weekly Goals	Week 1	Week 2	Week 3	Week 4	Rewards
Complete all daily chores					Extra 30 mins screen time on weekend
Do 2 bonus chores					Choose a movie for family movie night

Total Screen Time Earned This Week	/minutes
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NOTE

- Screen time rewards are earned after chores are completed and verified by a parent.
- Unused screen time does not carry over to the next week.
- Maximum daily screen time limit still applies: _____ minutes

Parent's Signature:

Child's Signature:



SUMMER SCREEN TIME CHECKLIST

Name:

Week of:

Before you enjoy your screen time today, make sure you've checked off these fun summer activities!

MORNING ROUTINE

- ☐ Wake up by 9:00 AM
- ☐ Make your bed
- ☐ Eat a healthy breakfast
- ☐ Brush teeth and get dressed

BRAIN BOOSTERS (CHOOSE AT LEAST 2)

- ☐ Read a book for 30 minutes
- ☐ Write in your summer journal
- ☐ Do a puzzle or brain teaser
- ☐ Practice an instrument
- ☐ Learn a new skill or hobby
- ☐ Do a science experiment

HELPING HANDS (CHOOSE 1)

- ☐ Help prepare a meal
- ☐ Do a household chore
- ☐ Help in the garden
- ☐ Organize your room
- ☐ Help a family member with a task

PERSONAL GROWTH

- ☐ Practice mindfulness or yoga for 10 minutes
- ☐ Set a goal for tomorrow
- ☐ Write down three things you're grateful for

PHYSICAL ACTIVITIES (CHOOSE AT LEAST 2)

- ☐ Play outside for 30 minutes
- ☐ Go for a bike ride
- ☐ Have a dance party
- ☐ Practice a sport
- ☐ Go swimming
- ☐ Take a nature walk

CREATIVITY CORNER (CHOOSE 1)

- ☐ Draw or paint a picture
- ☐ Make a craft
- ☐ Write a story or poem
- ☐ Build something with Lego or blocks
- ☐ Create a song or play

SOCIAL TIME

- ☐ Have a conversation with a family member
- ☐ Play a board game with someone
- ☐ Call or video chat with a friend or relative

Once you've completed your checklist, enjoy your screen time!

Daily Screen Time Limit

/hours

REMEMBER:

Balance is key! Enjoy your summer both on and off the screen.

Parent's Initials:

Child's Initials:

SCREEN-FREE ACTIVITY IDEAS



GET MOVING!

- Have a dance party
- Go for a bike ride
- Play hopscotch
- Jump rope
- Build an obstacle course
- Play tag
- Go for a nature walk
- Have a hula hoop contest



GET CREATIVE!

- Draw a comic strip
- Make a collage
- Write and perform a play
- Create a scavenger hunt
- Design a board game
- Make origami animals
- Paint rocks
- Create a puppet show



BRAIN BOOSTERS

- Read a book
- Do a jigsaw puzzle
- Play Sudoku or crosswords
- Learn a new language
- Play chess or checkers
- Write a story
- Solve math problems for fun
- Learn magic tricks



OUTDOOR ADVENTURES

- Go bird watching
- Have a picnic
- Fly a kite
- Build a fort
- Go stargazing
- Create nature art
- Play outdoor games (frisbee, catch)



INDOOR FUN

- Build with Lego or blocks
- Have a pillow fight
- Play hide and seek
- Create a blanket fort
- Have a tea party
- Play dress-up
- Do a science experiment
- Have an indoor treasure hunt



BE HELPFUL

- Help cook a meal
- Organize your room
- Write thank-you notes
- Help with laundry
- Teach your pet a new trick
- Make cards for a nursing home
- Help wash the car
- Create a family photo album



GET SOCIAL

- Play board games with family
- Write a letter to a friend
- Call a grandparent
- Have a family talent show
- Play charades
- Start a book club with friends
- Have a family storytelling night
- Organize a neighborhood cleanup



RELAX AND REFLECT

- Practice yoga
- Write in a journal
- Do guided meditation
- Try finger painting
- Color in a coloring book
- Listen to calming music
- Practice deep breathing
- Watch clouds and imagine shapes



Remember: There's a whole world of fun beyond the screen!

OUR FAMILY MEDIA AGREEMENT

We, the [Family Name] family, agree to the following guidelines for our media and technology use:

1. SCREEN-FREE ZONES

We will keep the following areas of our home screen-free:

- ☐ Bedrooms
- ☐ Dining room
- ☐ [Other]: _____

2. SCREEN-FREE TIMES

We agree to put away our devices during:

- ☐ Mealtimes
- ☐ Family outings
- ☐ One hour before bedtime
- ☐ [Other]: _____

3. ONLINE SAFETY

We will:

- ☐ Keep our personal information private
- ☐ Only interact with people we know in real life
- ☐ Tell a parent if we see anything that makes us uncomfortable
- ☐ Ask permission before downloading apps or making online purchases

4. DIGITAL CITIZENSHIP

We commit to:

- ☐ Being kind and respectful in our online interactions
- ☐ Thinking before we post or share
- ☐ Respecting others' privacy and content
- ☐ Standing up to cyberbullying

5. SCREEN TIME LIMITS

- Weekday limit: _____ /hours per day
- Weekend limit: _____ /hours per day
- Exceptions: _____

6. CONTENT GUIDELINES

- We agree to only view age-appropriate content
- We will discuss any questionable content as a family

7. DEVICE USAGE

- Devices will be charged overnight in: _____
- We will ask permission before using others' devices

8. SOCIAL MEDIA

- Allowed platforms: _____
- Age restrictions: _____
- Privacy settings will be reviewed together

9. FAMILY ACTIVITIES

- We commit to having _____ hours of screen-free family time each week
- Weekly family activity ideas: _____

10. CONSEQUENCES

- If these guidelines are not followed, the consequences will be:

11. REWARDS

- For consistently following this agreement, rewards may include:

12. REVIEW AND ADJUST

- We will review and update this agreement every _____ months

We understand and agree to follow these guidelines:

Parent/Guardian Signature:

Date:

Child Signature:

Date:

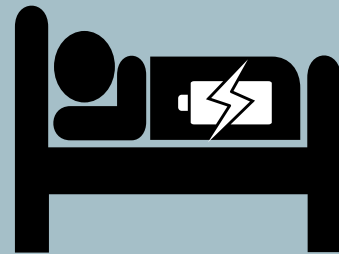


DEVICE-FREE ZONE SIGNS



DISCONNECT TO RECONNECT

Phones and tablets take a break
while we enjoy our meal and
each other's company.



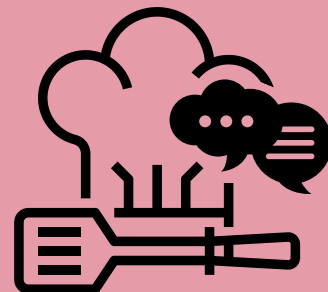
REST AND RECHARGE

This is a screen-free sanctuary
for better sleep and relaxation.



FAMILY TIME IS PRIME TIME

Put down the devices and tune
into each other.



COOKING UP CONVERSATIONS

No phones at the counter - let's
talk while we cook!



NO SCROLLING ZONE

This area is for personal care,
not screen time.



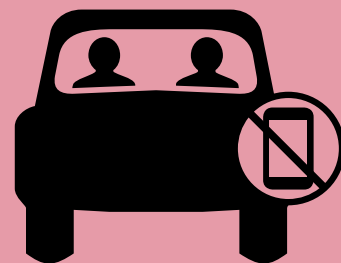
FOCUS MODE ACTIVATED

Devices off for distraction-free
learning and homework.



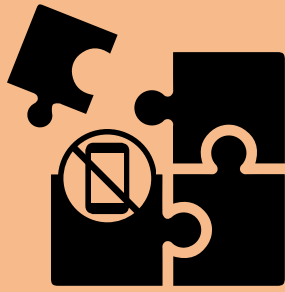
NATURE IS CALLING

Answer nature's call, not your
phone's.



EYES ON THE ROAD, NOT ON THE SCREEN

For safety's sake, let's keep our
rides device-free.



IMAGINATION STATION

No digital distractions here – just
pure, creative play!



FOOD FOR THOUGHT, NOT PHONES

Savor the meal and the moment
– devices can wait.