NAME

You may have time on the iPad, TV or Computer as long as all of these jobs have been completed the the proper way. Only then may you turn on a screen.

HAVE YOU:

☐ Gotten Dressed  
☐ Had breakfast  
☐ Brushed your teeth  
☐ Brushed your hair  
☐ Have you cleaned your bedroom and made the bed  
☐ Done your chores  
☐ Read for 30 minutes  
☐ Been creative: played, built, drawed or crafted 40 minutes  
☐ Asked if there is anything else that needs to be done.

If so, you may watch TV or play on the iPad/Computer!!!!!

I promise to follow these rules. If I turn on a screen without doing the above or without special permission, I understand that I will lose screen time.

________________________________________   ___________________
Signature                                             Date