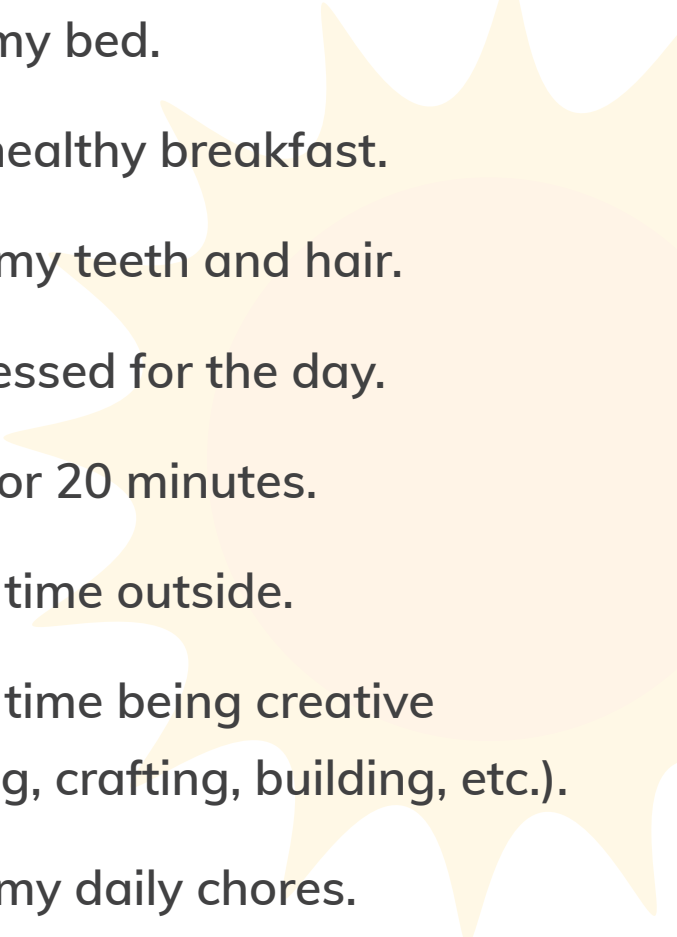


Before Screen Time Summer Checklist

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- ☐ Make my bed.
 - ☐ Eat a healthy breakfast.
 - ☐ Brush my teeth and hair.
 - ☐ Get dressed for the day.
 - ☐ Read for 20 minutes.
 - ☐ Spend time outside.
 - ☐ Spend time being creative
(playing, crafting, building, etc.).
 - ☐ Finish my daily chores.
 - ☐ Do something nice for someone else.



Screen Time!

Weekly Tracker:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Before Screen Time Summer Checklist





















Screen Time!

Weekly Tracker:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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