

the tween

SCREEN TIME

checklist



morning

- | | | |
|--|---|---|
| <input type="checkbox"/> dressed | <input type="checkbox"/> morning vitamins taken | <input type="checkbox"/> deodorant |
| <input type="checkbox"/> dirty clothes picked up | <input type="checkbox"/> shoes and socks ready | <input type="checkbox"/> face washed |
| <input type="checkbox"/> teeth brushed | <input type="checkbox"/> school stuff ready | <input type="checkbox"/> morning chore done |
| <input type="checkbox"/> bed made | <input type="checkbox"/> 10 minutes of reading | <input type="checkbox"/> breakfast eaten |
| <input type="checkbox"/> hair brushed + done | <input type="checkbox"/> room is tidy | <input type="checkbox"/> _____ |



afternoon

- | | |
|--|---|
| <input type="checkbox"/> put school stuff away | <input type="checkbox"/> 20 minutes of outside play |
| <input type="checkbox"/> put shoes away | <input type="checkbox"/> room diffuser ready |
| <input type="checkbox"/> finish homework | <input type="checkbox"/> _____ |



evening

- | | |
|--|--|
| <input type="checkbox"/> put toys away | <input type="checkbox"/> bathroom tidy |
| <input type="checkbox"/> evening contribution | <input type="checkbox"/> morning alarm set |
| <input type="checkbox"/> evening chore done | <input type="checkbox"/> shower |
| <input type="checkbox"/> night vitamins taken | <input type="checkbox"/> teeth brushed |
| <input type="checkbox"/> dirty clothes in hamper | <input type="checkbox"/> _____ |
| <input type="checkbox"/> 20 minutes of reading | <input type="checkbox"/> _____ |



no school

- | |
|---|
| <input type="checkbox"/> morning checklist done |
| <input type="checkbox"/> 30 minutes creative play |
| <input type="checkbox"/> 30 minutes outside play |
| <input type="checkbox"/> _____ |