

My screen time chart

Ages 6–12

Name _____

Week of _____

My daily screen time: _____ minutes at _____

Bonus I can earn (15 to 30 minutes): _____ minutes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
✅ Routine done first	○	○	○	○	○	○	○
⭐ Bonus task: _____	○	○	○	○	○	○	○
⭐ Bonus task: _____	○	○	○	○	○	○	○
⏳ Bonus minutes used	___	___	___	___	___	___	___
⏰ Screens off at the agreed time	○	○	○	○	○	○	○
🌙 No screens in the hour before bed	○	○	○	○	○	○	○

Our screen rules

- The bonus is 30 minutes a day at most.
- Bonus minutes don't carry over past the weekend.
- We agree when to stop before the screen goes on.
- Earned is earned: nobody takes minutes back.

Rewards that aren't screens

Pick at least four together.

Screens come after the routine, at the same time every day.





habibee.app

Grown-ups: try the Habibee app. Kids earn honey for their tasks and trade it for rewards.

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