



# Screen Time Guidelines

Before spending time on electronic devices\* and/or watching television, check off completion of household responsibilities.

- Made bed/cleaned room
- Brushed teeth
- Folded laundry/put away clean clothes
- Eaten a healthy snack
- Finished school work
- Removed trash
- Washed dishes/filled or emptied dishwasher
- Vacuumed carpets/swept floor
- Read a book for at least 20 minutes
- Played outdoors/engaged in physical activity for at least 30 minutes
- Cared for pet
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\*Laptop, computer, iPad, tablet, gaming consoles/devices; television, movies, streaming services, etc.