

Screen Time Contract

Help children monitor their screen time with a screen time contract.



By
123 Learn Curriculum

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Thank you again!

Jean JeanieB506@aol.com

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CLICK TO CONNECT...



Hint on printing:

To save on ink - change your print quality on your printer to fast.

To do: Click print - properties - change print quality from standard to fast.

This will give you a lower quality page but will save on ink.



DOCUMENT CREATED BY:

JEAN LANG

123

LEARN CURRICULUM

GRAPHICS USED:



Screen Time Contract

Screen Time Contract



Between _____ and
_____.

- Screen time pertains to computer, iPad, Nintendo Switch, Kindle, PS4 or tv.
- Screen time does not include family tv time.

During the weekend screen time is granted once 20 minutes of reading is done each day. This is the standard homework due for school and will be done before screen time is granted. Weekend screen time will not exceed 2 hours. If you would like to earn additional screen time, have you?

- Brushed your teeth
- Made your bed
- Gotten dressed
- Cleaned your room
- Done your chores
- Read additional minutes (20 minutes of additional reading = 20 minutes of screen time)
- Weekdays screen time is limited to 20 minutes. There is no option to add additional minutes. Screen time will only become available after 20 minutes of reading.

I agree to the above screen time contract.

Jaxson

Date

Grandma Jean

Date

123 Learn Curriculum

You have the option of a prefilled contract with boy or girl clip art or a blank contract to type in your own contract.

If using blank template, type into blue box. Blue box will not print up.

Screen Time Contract



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Name

Date

Name

Date

Screen Time Contract



Between _____ and
_____.

Name

Date

Name

Date

Screen Time Contract



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Name

Date

Name

Date

Screen Time Contract



Between _____ and

_____.

Name

Date

Name

Date

Screen Time Sign In Sheet

Date	Sign In	Sign Out	Sign In	Sign Out	Total Time

Name _____