

# BEFORE YA' screen

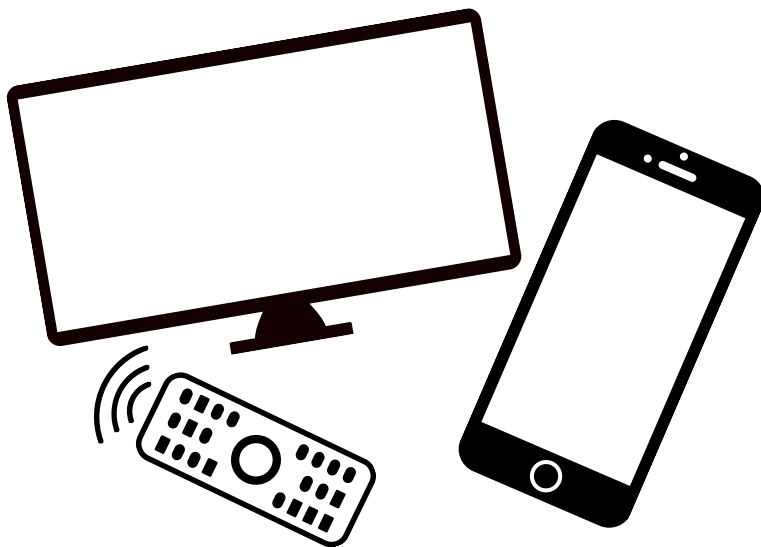
Complete all for first hour of Screen Time:

Eat a healthy meal

Time with God

Clean room

Finish Chores



Earn one hour of additional screen-time by finishing 30 min of the following:

Practice a skill

Exercise

Be creative

Organize a drawer

Declutter room

Outdoor activity

Ask Parent how you can help