

DAILY LIMIT: \_\_\_\_\_

WEEKLY TOTAL: \_\_\_\_\_

# EARN YOUR SCREEN TIME

- FEED THE ANIMALS = 5 MINUTES
- READ A BOOK = 5 MINUTES
- VACCUUM 1 ROOM = 5 MINUTES
- WIPE DOWN COUNTERS = 5 MINUTES
- TAKE OUT TRASH = 5 MINUTES
- EMPTY BATHROOM TRASHES = 10 MIN
- UNLOAD DISHWASHER = 10 MINUTES
- LOAD DISHWASHER = 10 MINUTES
- DUST FURNITURE = 10 MINUTES
- PUT AWAY LAUNDRY = 10 MINUTES
- PICK UP BEDROOM = 10 MINUTES
- CLEAN TOILETS = 10 MINUTES
- CLEAN SHOWER = 10 MINUTES
- DISINFECT SWITCHES/HANDLES = 10 MIN
- WALK THE DOG = 15 MINUTES
- WASH & DRY LAUNDRY = 20 MINUTES
- PULL WEEDS = 20 MINUTES
- CLEAN INSIDE CAR = 20 MINUTES
- WASH THE CAR = 30 MINUTES
- CLEAN & ORGANIZE FRIDGE = 30 MIN
- SWEEP & MOP 1 ROOM = 30 MINUTES
- PICK UP DOG POO = 45 MINUTES
- MOW THE GRASS = 1 HOUR

TOTAL: \_\_\_\_\_