



# Screen-Time Tracker

TOKENS · MINUTES · CHOICES



Pick a system: tokens (each = 15 min) or minutes. Earn screen time by finishing must-do tasks. Spend it on what you love. Trade unused time for a bonus on the weekend.

## EARN TIME

- Reading 15 minutes +1 token
- Outside play 30 minutes +2 tokens
- Chore complete +1 token
- Helping a sibling +1 token
- Creative project (no screen) +2 tokens

## DAILY LOG

	TOKENS EARNED	TOKENS SPENT	NOTES
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

### End-of-week check-in

What did I do BESIDES screens that I'm proud of?

---



---

Did screens help me feel better, or worse, this week?

---