



No Screen Time Until...

- ★ You have gotten dressed, brushed teeth and brushed hair M__T__W__T__F__
- ★ You have read for 20 minutes M__T__W__T__F__
- ★ You have done your ABCs M__T__W__T__F__
- ★ You have picked up your room (bed, clothes, toys) M__T__W__T__F__
- ★ You have made one family contribution (fold laundry, vacuum, clean bathroom, sweep, organize toys etc) M__T__W__T__F__
- ★ You have done something active outside (or creative inside if rainy) M__T__W__T__F__