



10 Minutes digital TIME for each completed task:
Digital Rules must be a 'Yes' or no devices following day



Child 1

DAILY DUTIES & DIGITALS

Daily Responsibilities	M	T	W	TH	F	ST	S
Make Bed and Tidy Room	X						
Brush teeth	X						
Make/assist with breakfast	X						
Get dressed (School/Other)	X						
Pack/assist with lunch/boxes							
Behave/engage - School Home	X						
Exercise/Sport- Time outside	X						
Complete homework or tasks	X						
Digital Allocation time: To be completed between 3pm-7pm	70 Min						
Complied with Digital rules	Yes						

No Screen Time: 7pm - 3pm on school days

PHONES Surrendered at 7pm each night

Maximum of 2 hours screentime daily

