SUMMER ACTIVITY LIST

OUR SOLUTION TO YOUR KIDS "BOREDOM"

NAME: _____

THIS IS YOUR SCREEN TIME CHECK LIST. HAVE A GOOD ATTITUDE AND COMPLETE ALL OF THESE TASKS AND YOU WILL HAVE EARNED YOUR DAILY SCREEN TIME!

MORNING

TAKE CARE OF YOURSELF:

- ☐
- ☐
- ☐
- ☐
- ☐

TAKE CARE OF THE HOUSE:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

- ☐
- ☐

DAILY

BUILD YOUR BODY:

- ☐ Play Outside for at least One Hour

BUILD YOUR BRAIN:

- ☐ Do Something Creative
- ☐ Read a Book (At least one chapter or 20 minutes)

BUILD UP SOMEONE ELSE:

- ☐
- ☐