

“Screen time/Energy time”

A contract between _____ and _____ for 15 minutes of “screen time” earned based on every 30 minutes of “energy time” expended

Instructions: Have your child list the activity performed (played basketball, helped Mrs. Johnson clean her yard, played with Johnny, rode my bike) and list the time for each activity. Then, when your child wants to play a video game or watch a TV program, together you count up the minutes spent in activity and log the minutes earned for screen time. You can high-light the activity minutes as she uses them or you can draw a line from the activity minutes being used to the screen time minutes earned by those minutes – however you’d like to keep track of what’s being used.

List activity or household chore here	Energy time (minutes)	Screen time earned & used
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up
_____	___ minutes	
_____	___ minutes	
_____	___ minutes	___ minutes ___ used up

EXAMPLE “Screen time/Energy time”

A contract between Mom and Sharon for 15 minutes of “screen time” earned based on every 30 minutes of “energy time” expended

Instructions: Have your child list the activity performed (played basketball, helped Mrs. Johnson clean her yard, played with Johnny, rode my bike) and list the time for each activity. Then, when your child wants to play a video game or watch a TV program, together you count up the minutes spent in activity and log the minutes earned for screen time. You can high-light the activity minutes as she uses them or you can draw a line from the activity minutes being used to the screen time minutes earned by those minutes – however you’d like to keep track of what’s being used.

List activity or household chore here	Energy time (minutes)	Screen time earned & used
<u>rode my bike</u>	<u>20</u> minutes	
<u>swept the downstairs floors</u>	<u>10</u> minutes	
<u>took Puddles for a walk</u>	<u>30</u> minutes	<u>15</u> minutes <u>X</u> used up
<u>kicked the soccer ball with brother</u>	<u>20</u> minutes	
_____	_____ minutes	
_____	_____ minutes	<u>15</u> minutes _____ used up
_____	_____ minutes	
_____	_____ minutes	
_____	_____ minutes	_____ minutes _____ used up
_____	_____ minutes	
_____	_____ minutes	
_____	_____ minutes	_____ minutes _____ used up
_____	_____ minutes	
_____	_____ minutes	
_____	_____ minutes	_____ minutes _____ used up
_____	_____ minutes	
_____	_____ minutes	
_____	_____ minutes	_____ minutes _____ used up
_____	_____ minutes	
_____	_____ minutes	
_____	_____ minutes	_____ minutes _____ used up