

**DAILY LIST** Name: \_\_\_\_\_

**I did the following things on \_\_\_\_\_ so I can use screens on \_\_\_\_\_.**

\_\_\_\_\_ I made sure my room and bathroom were clean and tidy and my bed made.

\_\_\_\_\_ I brushed my teeth.

\_\_\_\_\_ I ate a healthy breakfast that included protein, and I cleaned up after myself.

\_\_\_\_\_ I did two household chores from the list below without being asked or reminded.

\_\_\_\_\_ I read a book for 30 minutes or more. A parent saw me reading this book.

\_\_\_\_\_ If intense, focused self-started academic work is required of me, I did that cheerfully, with diligent focus and concentration.

\_\_\_\_\_ I spent 30 minutes or more doing something active outside.

\_\_\_\_\_ I thought carefully about maybe asking Mom to take me (and perhaps some friends?) to do something fun tomorrow or on a future day. (Wave pool? Beach? Picnic? Roller skating? Bowling? Fishing? Zero Gravity?)

\_\_\_\_\_ I thought carefully about maybe doing something creative today.

\_\_\_\_\_ I understand that having privileges such as screens is contingent on my having kind, respectful talking with everyone in the family. If I start verbally jabbing at a family member in an unpleasant manner, I can try again with screens tomorrow.

**For each chore, set a timer for 15 minutes and diligently do one of the items on this list for 15 straight minutes. Clean up afterward. Mark which ones you do:**

\_\_\_\_\_ Make the kitchen better

\_\_\_\_\_ Sweep bare floors

\_\_\_\_\_ Thoroughly vacuum carpets

\_\_\_\_\_ Clean toilets

\_\_\_\_\_ Clean tubs/showers

\_\_\_\_\_ Hang up clean laundry

\_\_\_\_\_ Fold, put away non-hang laundry

\_\_\_\_\_ Shine up all sinks/vanities

\_\_\_\_\_ Windex all mirrors

\_\_\_\_\_ Do handwashables

\_\_\_\_\_ Pull weeds from front of house

\_\_\_\_\_ Dust shelves and furniture

\_\_\_\_\_ Cook a healthy meal for the family

\_\_\_\_\_ Other (specify) \_\_\_\_\_

**Thank you! Have a great fun day!**