

# CONTRACT

## Summer Screen Time Rules

### WHO IS THIS CONTRACT FOR?

*List all family members*

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### TO WHAT DOES THIS CONTRACT APPLY?

*List all the family screens*

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### HOW MUCH SCREEN TIME IS ALLOWED PER WEEKDAY? WEEKEND?

*Be as specific as possible; break down per child and per screen*

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### WHAT IS EXPECTED OF KIDS BEFORE THEY CAN USE SCREENS?

*List chores, daily musts, school work, summer goals...*

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### WHAT ARE THE SCREEN-FREE ZONES AND TIMES?

*List all non-negotiable places or times where screens are a no-no*

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### ARE THERE WAYS TO EARN MORE SCREEN TIME?

*If so, list them here...*

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### WHAT ARE THE CONSEQUENCES FOR BREAKING THE RULES?

*Yikes! List them here*

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### SIGN HERE *I hereby state that I will abide by the rules of this contract!*

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