Weekly chore & screen time chart

Ages 9 to 13 · Check off M to S on the fridge

Daily job	M	T	W	T	F	S	S
Bed made & floor clear	☐	☐	☐	☐	☐	☐	☐
Dishes rinsed into dishwasher	☐	☐	☐	☐	☐	☐	☐
Homework done & in bag	☐	☐	☐	☐	☐	☐	☐
One family job (trash, pet, laundry)	☐	☐	☐	☐	☐	☐	☐
20 minutes outside or active	☐	☐	☐	☐	☐	☐	☐
Backpack & shoes ready for tomorrow	☐	☐	☐	☐	☐	☐	☐
Phone plugged in on time	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Finish the daily jobs first. Then screens open on schedule.

Our fill-in daily schedule

School days, winter break or summer

Morning	*wake up · breakfast · no screens*
Mid-morning	*school / break project · one chore*
Lunch + out	*eat · 30 min outside or moving*
After school	*snack · homework · backpack packed*
Screen window	*start time · end time · stopping point*
Dinner	*phones in the basket · help set table*
Bedtime	*phone on kitchen charger 1 hr before lights out*

Write it together once. Let the paper answer "what's next?"

A realistic winter break schedule

Ages 9 to 12 · Loose enough to actually hold

8:30 am — **Slow morning, no screens.**
Breakfast, get dressed, read or draw while the house wakes up.

10:00 am — **One chore + one thing to make.**
Reset your room, then build, bake, craft or practice something.

12:00 pm — **Lunch + outside for 30 minutes.**
Walk, bike, snow play or shoot hoops. Bundle up.

1:30 pm — **Screen window opens.**
Pick what you're watching or playing first. Autoplay stays off.

3:30 pm — **Screens off. Free afternoon.**
Friends, board games, music, reading or being bored on purpose.

6:00 pm — **Dinner, phones in the basket.**
Help cook or set the table.

8:30 pm — **Phones plug in for the night.**
One hour before break lights-out.