

Name: _____

Goal Setting

Current amount of time spent with screens: _____

What can I do instead of using screens?

- _____
- _____
- _____
- _____
- _____
- _____

Pick at least two times of day when you will avoid all digital devices. (Example: During meals)

I will be screen-free during _____
and _____

To help me be screen-free during those times, I will... (What can you do to avoid temptation?)

*** BONUS CHALLENGE ***

Pick one day a week to take a vacation from all screens!

If your screen is just too tempting, consider installing an app blocking app on your phone. Or your parents can install a program that will limit your access to the internet on all of your devices.