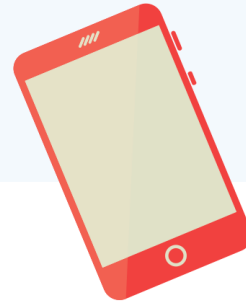


Screen Time CHECK-IN



1 HOW AM I FEELING?

Do I need to eat? Need some fresh air? Need to move my body or get some exercise? Had enough sleep?

2 WHAT TASK DO I NEED TO PRIORITIZE RIGHT NOW?

Do I have homework? Do I have chores I need to do? Is there a work-related task I should be doing right now?

3 HOW CAN I HELP?

If I look around, what do I see? Is there anyone that needs my help—a parent, sibling, or friend?

4 WHAT CAN I DO FOR 30 MINUTES TO BUILD A SKILL OR TALENT?

What do I love to do? What do I always wish I had time for? What activities make me feel happy?

5 HAVE I SPENT QUALITY TIME WITH MY FAMILY OR FRIENDS?

Have I looked someone in the eyes today and really listened?
Have I laughed with someone or given someone a hug today?
Have I invested time in face-to-face interactions with my favorite people?

**BALANCE REAL LIFE
WITH YOUR SMARTPHONE**

BetterScreenTime 