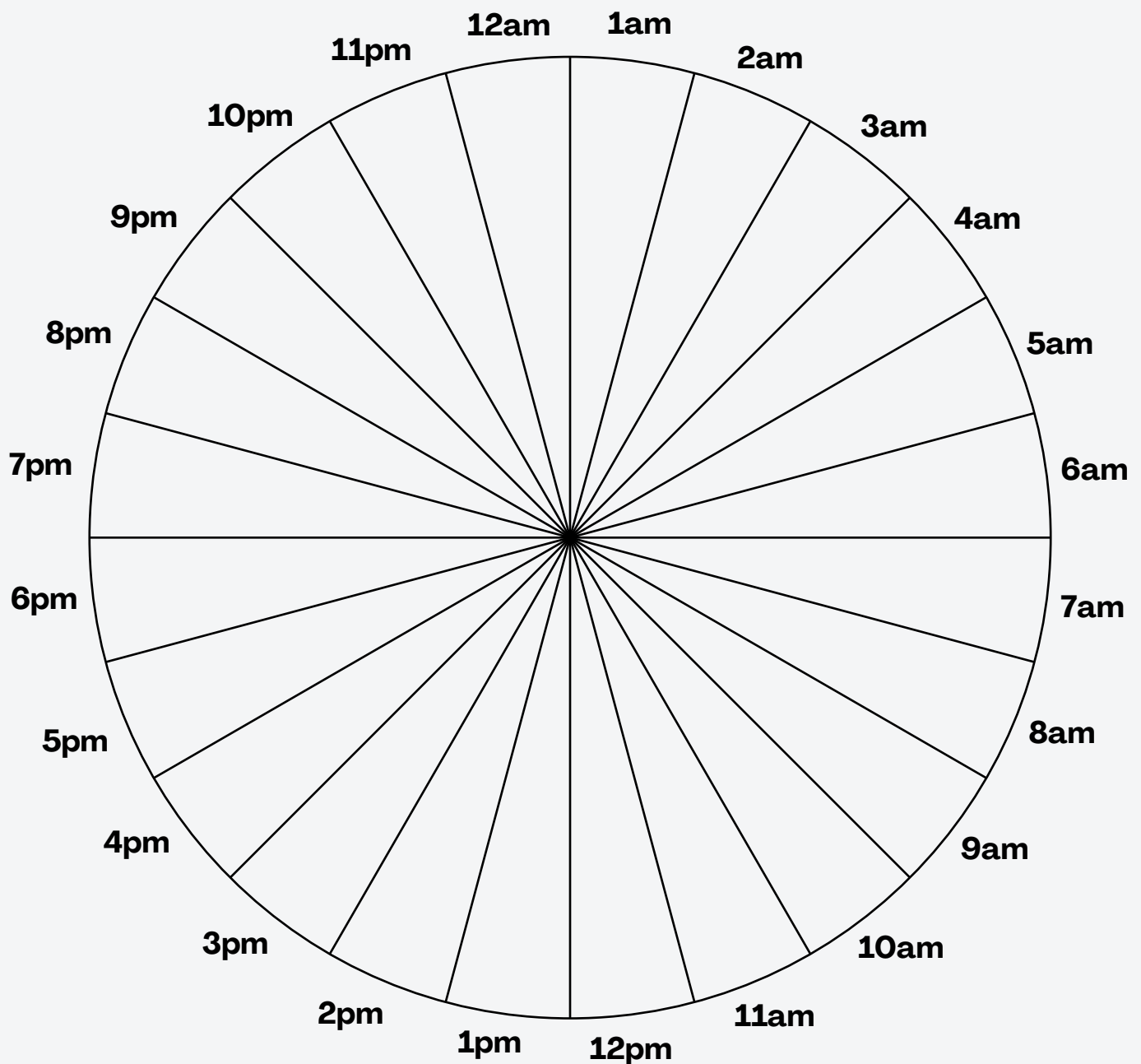


How do you use your time?

Use this 24-hour clock to record:

- ♥ Sleep
- ♥ Daily routines
- ♥ School
- ♥ Homework
- ♥ Chores
- ♥ Extracurricular activities
- ♥ Leisure activities
- ♥ Screen time



My screen time plan



Use this schedule to mark out time for:

- ♥ Daily routines (e.g. getting ready for school, getting ready for bed)
- ♥ School
- ♥ Unwind time
- ♥ Homework
- ♥ Chores
- ♥ Extracurricular activities
- ♥ Leisure activities
- ♥ Screen time

	Monday	Tuesday	Wednesday	Thursday	Friday
7am					
7.30am					
8am					
8.30am					
9am-3pm	School				
3.30pm					
4pm					
4.30pm					
5pm					
5.30pm					
6pm					
6.30pm					
7pm					
7.30pm					
8pm					
8.30pm					
9pm					
9.30pm					

My screen time plan

Here is an example of a schedule that includes 30-60 mins of screen time per day.

	Monday	Tuesday	Wednesday	Thursday	Friday	
7am	Morning routine	Morning routine	Morning routine	Morning routine	Morning routine	
7.30am						
8am						
8.30am	Travel	Travel	Travel	Travel	Travel	
9am-3pm	School	School	School	School	School	
3.30pm	Travel	Travel	Travel	Travel	Travel	
4pm	Unwind time	Unwind time	Swim lesson	Unwind time	Park with friends	
4.30pm	Homework	Homework	Unwind time	Homework		
5pm			Homework	Sport	Chores	
5.30pm	Chores	Chores	Sport			Screen time
6pm	Screen time	Screen time				
6.30pm						
7pm	Dinner	Screentime	Dinner	Chores	Dinner	
7.30pm		Dinner		Dinner		Dinner
8pm	Night routine		Night routine		Night routine	
8.30pm		Night routine		Night routine		Night routine
9pm	Wind down time		Wind down time		Wind down time	
9.30pm	Lights out	Lights out	Lights out	Lights out	Lights out	