My plan for screen time

Health:

I will focus about 30 minutes a day for my health with the including exercises/habits.

* Eating a healthy, balanced diet with lots of vegetables and fruit.
* Getting enough sleep.
* Go on hikes/walks.

Education:

I will focus about 3 hours a day for my education with the including habits

* Focusing on my homework and not the phone.
* Taking short breaks, if I am tired, I need a short break, such as taking a nap.
* Asking the teacher if I have problems or questions.

Stopping rules

Stopping rules for my device in school include

* Mute my phone so I don’t hear any notifications.
* Put my phone in my backpack.

Stopping rules for my device in school include

* Putting my phone away during meals with the family.
* Leaving my phone downstairs while I go to sleep.