***My Plan for screentime***

***Health:***

* I will spend 14 hours a week focusing on my health, 2 hours everyday
* I will focus on my health by:
* Packing healthy lunches
* Going on walks
* Going to the gym more often

***Education:***

* I will spend 15 hours a week focusing on education, 3 hours 5 times a week. (not including school)
* I will focus on my education by:
* Completing my homework on time and handing in overdue work
* Keeping my items organized (papers, binders, backpack)
* Asking friends and teachers for help if I'm not clear on something
* Putting effort into my work.

***Social bonds:***

* I will spend 12 hours a week focusing on social bonds, 2 hours 6 times a week.
* I will focus on my social bonds by:
* Spending more time with my friends
* Doing something fun and interesting with my friends
* Having good conversations with my friends and giving each other good advice

I can work on my health and my social bonds by working out with my friends.

***Stopping Rules:***

***Home:***

* I will put my phone away at 10 on school nights.
* I will also put away my phone while I am doing homework so it doesn’t distract me.

***School:***

* I will put my phone in my bag at the beginning of class and not use it unless instructed too.
* I will put my phone on do not disturb for the whole class.