

ABSOLUTELY NO GLOWING SCREENS UNTIL:

[Glowing screens include iphone, ipad, TV, nook & Wii]

- You have read a book for at least 30 minutes.
- You have done something creative (write a story, art, or cooking) for at least 30 minutes.
- You have played outside for at least 30 minutes.
- You have showered (unless you're going to swim).
- Your bed is made and your room is tidy.
- You have done at least one chore (see chore list below).
- You have packed your bag/prepared for the day (pool bag packed for the pool with goggles, sunscreen towel; helmet, water bottle & sunscreen for horseback riding; lunch packed when necessary, etc.)

CHORE LIST:

- Pick up boogie: Go through every room in the house and find everything that is yours and put it away where it belongs.
- Put away your clean laundry and bring down your dirty laundry.
- Dust at least two rooms.
- Set the dinner table.
- Purging boogie: find 5 things that belong to you and put them into a bag for donating.
- Put away dishes or load dishes into dishwasher.
- Water the flowers in front & back.

SCREEN FREE SUNDAYS