

Screen-Time Vouchers

Take control of your child's screen time

Encourage your child to be active every day. Use these screen time vouchers to limit your child's screen time in exchange for physical activity.

To use these vouchers cut along the dotted line.



Physical Activity - Chores - Allowance

Screen-Time Voucher



For use with T.V., Video Games, iPods, Computer Games, Internet Surfing, Instant Messaging, Email Blasting!
* sleep-overs & birthday parties are exempt...

SPARKfamily.org

15 Minutes

Physical Activity - Chores - Allowance

Physical Activity - Chores - Allowance

Screen-Time Voucher



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30 Minutes

Physical Activity - Chores - Allowance

Physical Activity - Chores - Allowance

Screen-Time Voucher



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45 Minutes

Physical Activity - Chores - Allowance

Physical Activity - Chores - Allowance

Screen-Time Voucher



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60 Minutes

Physical Activity - Chores - Allowance