



Family Screen Management Plan

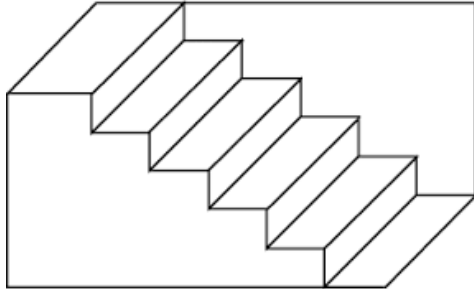
We, the undersigned members of the _____ family, do hereby agree to the following measures to optimize the health and well-being of our family members.

Write in family names in boxes. Each family member initials box next to each specific *Tech Task* to indicate their commitment.

Family Names				
Tech Tasks				
Admit member has problems associated with screen use.				
Share specifics of problematic areas e.g. overuse, inappropriate content, nighttime use.				
Each family member formulates 3 goals specific to problem areas (see page 2). Write long-term goal on top step and fill in steps with short-term goals that will help achieve overall goal. Each family member should have their own goal sheet.				
Identify 5 physical activities of interest and schedule date for engagement on calendar.				
Identify 5 social activities of interest; schedule engagement.				
Identify 5 outdoor nature-based activities ; schedule engagement.				
Agree to participate in activities without complaint or refusal .				
Agree to not cheat, lie or misrepresent regarding screen use.				
If slip up on commitment, inform family members immediately.				



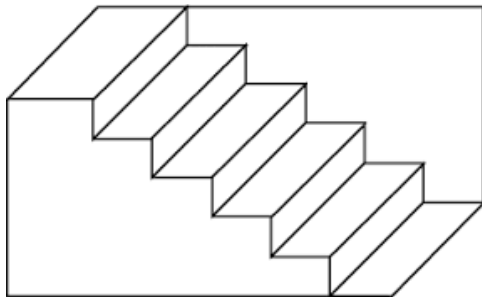
Family Tech Goal # 1 -



Physical Activities (list 5)

1.
2.
3.
4.

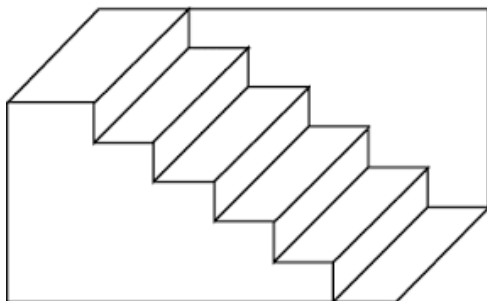
Family Tech Goal # 2 -



Social Activities (list 5)

1.
2.
3.
4.

Family Tech Goal # 3 -



Outdoor Activities (list 5)

1.
2.
3.
4.