



CYBER SAFETY COP'S SCREEN TIME SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
7 AM								
8 AM								
9 AM								
10 AM								
11 AM								
12 PM								
1 PM								
2 PM								
3 PM								
4 PM								
5 PM								
6 PM								
7 PM								
8 PM								
9 PM								
10 PM								
11 PM								
12 AM								
MAXIMUM HOURS								

INSTRUCTIONS:

Use this schedule to help manage your child's screen time. Screen time is any non-educational activity in front of any device that has a screen (mobile device, computer, game console, or TV). Write the maximum number of hours at the bottom of each day of the week. School nights may only get 1 or 2 hours, and weekends get 3 or 4 hours. Logging screen time can be done one of two ways. One, you can block out the hours of screen time during the school year. For example, the only allowed screen time is between 6pm and 8pm. During the summer when more discretionary time is allowed, your child colors in their consumed screen time throughout the day, but not exceeding the maximum allowed screen time for that day.