







15 minutes 	15 minutes 	15 minutes 	15 minutes 
30 minutes 	30 minutes 	30 minutes 	30 minutes 
60 minutes 	60 minutes 	60 minutes 	60 minutes 
-- minutes 	-- minutes 	-- minutes 	-- minutes 



Tip- Print out multiple copies of this page and laminate these tokens and put sticky Velcro dots on the back. Have your child add the tokens each time they've used a screen, or to plan out their media use.



Media Tokens for _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday