

# Screen Time Schedule Template

This customizable schedule allows you to plan your child's day by balancing screen time with other important activities.

Below is a sample layout for a daily schedule:

Time Slot	Activity	Duration	Notes
Morning	Screen Time	30 minutes	After breakfast
Morning	Homework	1 hour	Focus on assignments
Afternoon	Outdoor Play	1 hour	Play outside
Afternoon	Reading	30 minutes	Choose a book
Evening	Family Time	1 hour	Dinner and bonding