

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

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30

Minutes

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45

Minutes

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60

Minutes

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