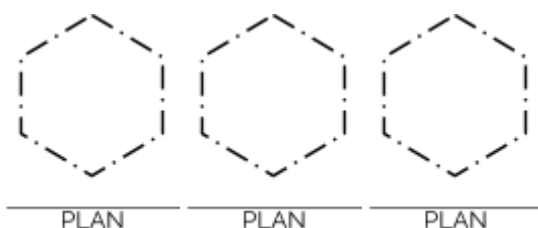


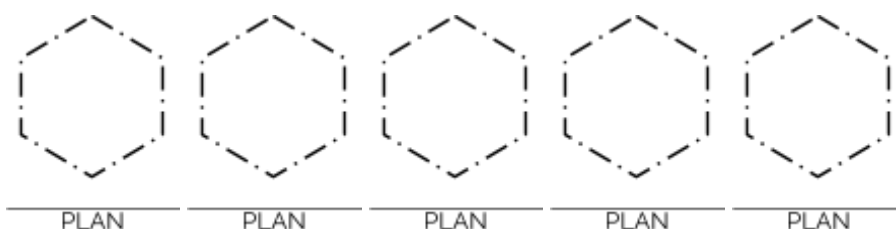
SCREENTIME PLANNER:

MICKERSON EDITION

MORNING¹:



EVENING:



WHEN YOUR ALARM GOES OFF:

1. Do 10 jumping jacks
2. Take 10 deep breaths
3. Fill out a bubble
4. If you have time, check in on your plan, ask someone to make a backup timer, and...
5. Start a new timer!

¹Only on weekends.