



Summer Contract for Tweens

Video Games

Video games are to be played for ____ hours per day and only after I have completed my chores and gotten some exercise. Any issue over shutting down the video game after the time agreed upon means I lose the video game for ____ day/days. I can regain my privilege by _____.

Television

Television may be watched for _____ hours per day. Any arguments over television will result in the loss of tv time for ____ day/days. I can regain my privilege by _____.

Outside Time & Exercise

I will spend at least ____ minutes per day doing something outdoors and active. Some ideas for being active include: _____.

Bedtime

This summer I will go to bed at ____ o'clock. I will get out of bed every weekday morning no later than ____ o'clock.

Sleepovers

I may have _____ sleepovers per week (_____ at our house, _____ at someone else's house that you like), if my chores have been completed and I have had a good attitude.

Chores

I agree to do _____ this summer without argument.

Reading

I will spend at least _____ minutes reading at least ____ days each week.

Signed: _____ Signed: _____