

# DIGITAL PARENTING SCORECARD



**CONGRATULATIONS, YOU'VE BEEN GROUNDED!**

Name: \_\_\_\_\_ Offense: \_\_\_\_\_

In order to get ungrounded, you must complete the quest below.

Earn \_\_\_\_\_ points in order to earn \_\_\_\_\_ (minutes/hours) of screen time.

CHORE/TASK	POINT VALUE	POINTS EARNED
Complete one load of laundry (washing/drying)	100	
Walk the dog	20	
Clean your room	50	
Load dishwasher	25	
Mow the lawn	50	
Clean off counters and wash them	25	
Clean microwave	25	
Wash windows	50	
Sweep and mop kitchen	30	
Dust one room of the house	30	
Take out trash and replace bag	20	
Clean litter box	30	
Empty the dishwasher	25	
Clean the bathroom	30	
Clean baseboards in one room	25	
Vacuum one room	25	
Prepare dinner	50	
Take a walk with the family	50	

CUSTOM CHORES	POINT VALUE	POINTS EARNED

**TOTAL POINTS EARNED**

**CONGRATULATIONS, YOU HAVE EARNED SCREEN TIME!**