SCREEN-FREE PLEDGE SCREEN-FREE PLEDGE _____ pledge to give _____ pledge to give up entertainment from ____ up entertainment from ____ ___ (time/date). Except ___ (time/date). Except for school or work, I will avoid 1) watching TV, for school or work, I will avoid 1) watching TV, movies, or videos, 2) playing games on phones, movies, or videos, 2) playing games on phones, websites, tablets, or consoles, 3) surfing the web. websites, tablets, or consoles, 3) surfing the web, or 4) using social media. or 4) using social media. Instead of spending time on screens, I will: Instead of spending time on screens, I will: signature www.screenfree.org www.screenfree.org

SCREEN-FREE PLEDGE
I, pledge to give
up entertainment from to
(time/date). Except
for school or work, I will avoid 1) watching TV,
movies, or videos, 2) playing games on phones,
websites, tablets, or consoles, 3) surfing the web,
or 4) using social media.
Instead of spending time on screens, I will:
froo screen-
Week -
signature
www.screenfree.org

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Instead of spending time on screens, I will:

free Tree
week

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