



SCREEN O' METER

Month 1

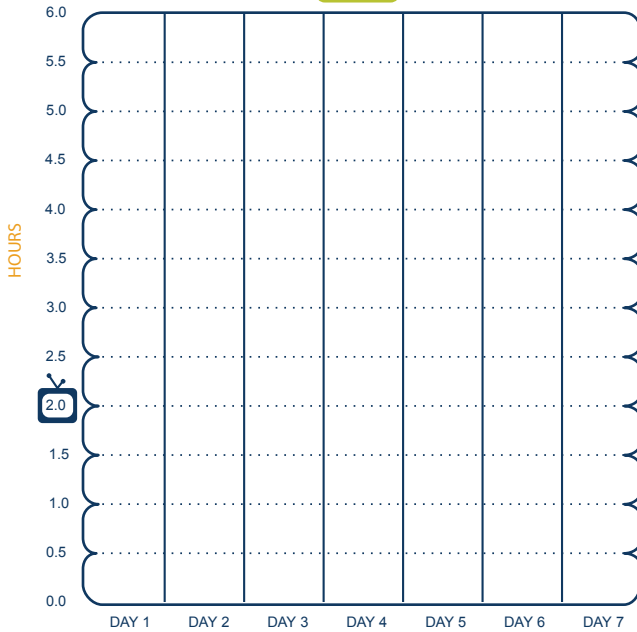
FOR INSTRUCTIONS, VISIT IOWASWITCH.ORG

Week 2

(SWITCH WHAT YOU VIEW)

DAILY GOAL

HOUR(S) OF SCREEN TIME
OR LESS A DAY

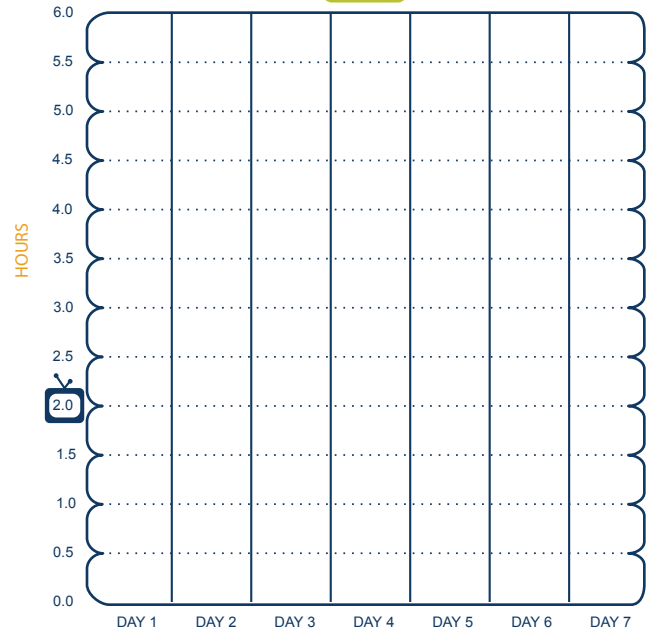


Week 4

(YOU RULE!)

DAILY GOAL

HOUR(S) OF SCREEN TIME
OR LESS A DAY



SCREEN O' METER

Month 2

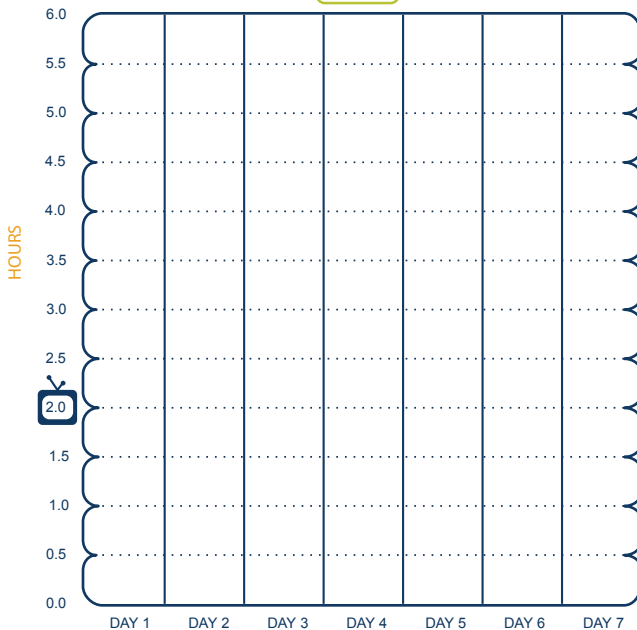
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OR LESS A DAY

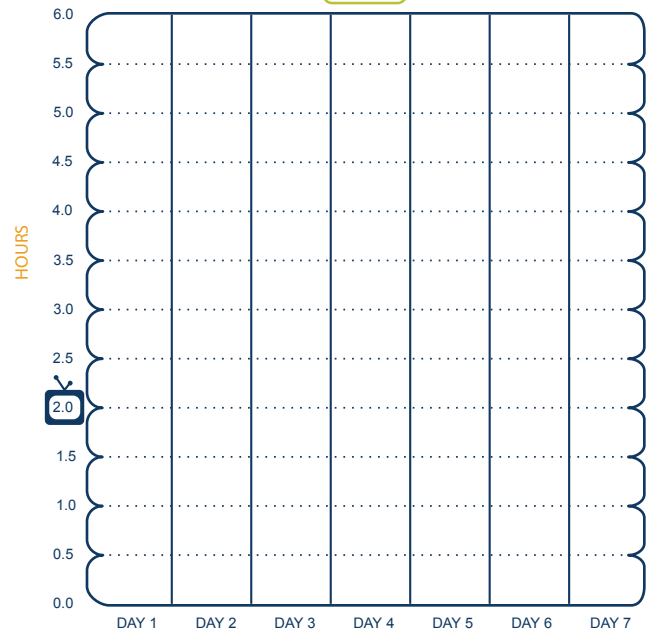


Week 4

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DAILY GOAL

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OR LESS A DAY





SCREEN O' METER

Month 3

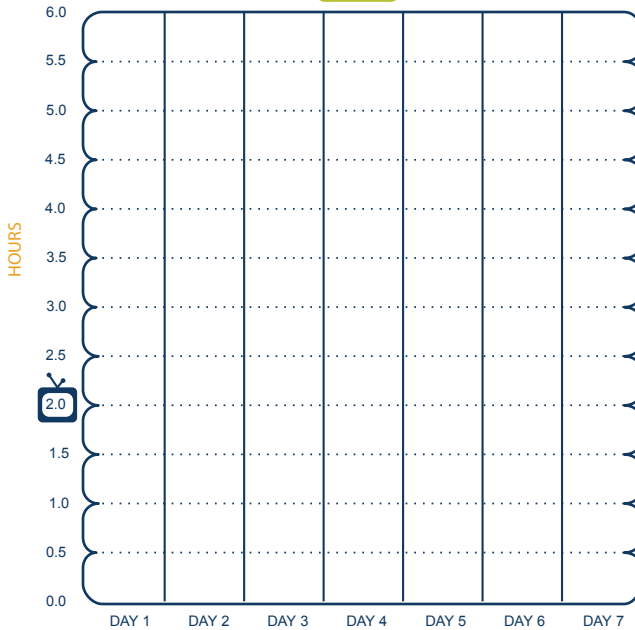
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Week 2

(SWITCH WHAT YOU VIEW)

DAILY GOAL

HOUR(S) OF SCREEN TIME
OR LESS A DAY

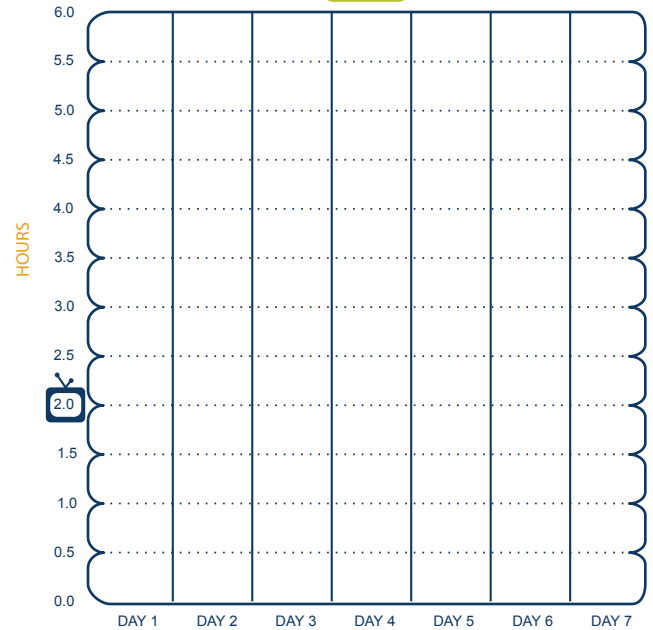


Week 4

(YOU RULE!)

DAILY GOAL

HOUR(S) OF SCREEN TIME
OR LESS A DAY



SCREEN O' METER

Month 4

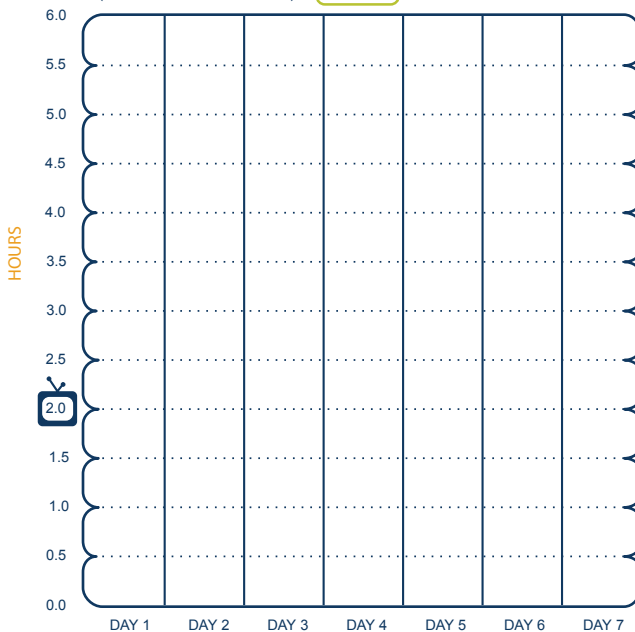
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Week 2

(SWITCH WHAT YOU VIEW)

DAILY GOAL

HOUR(S) OF SCREEN TIME
OR LESS A DAY



Week 4

(YOU RULE!)

DAILY GOAL

HOUR(S) OF SCREEN TIME
OR LESS A DAY

