

Reduce Screen Time

O O W T G R Y K L I M I T S O D V
G M M L J G S O I P A D Q D U J U
O N C G E O E U H O N J D F H Q S
M O S N N I I N S T A G R A M D L
R I S U J I K T B M T A V B A W A
Z S E W V D G V W R S H R C U M O
F I R U P K Z N W Y O Q O S C W G
S V T K R T P A I I Q M M A R J E
C E S L K O B P Q B P L N C D H L
R L O O E P B P W U F X F W G X B
E E X D U A P S T A I Z T N S B A
E T Q I Y I V E K E Q I I E Q W V
N B H R L P R E T H M M D U D H E
T T O V F F H Y N E A D I Y O H I
I D M Y B D T O H G W Q T W K S H
M I E Y F A F E N K H X I N U X C
E L I I A X G U N E B S E B N F A

achievable goals
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limits
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computer
Anxiety
Stress
Stan
apps

Television
Binging
gaming
leave
ipad
time