

MEDIA TIME CHECK – HOME DAY

Before breakfast	<input type="text"/>
Breakfast	<input type="text"/>
First half morning	<input type="text"/> <input type="text"/> <input type="text"/>
Second half morning	<input type="text"/> <input type="text"/> <input type="text"/>
Lunch	<input type="text"/>
Afternoon	<input type="text"/> <input type="text"/> <input type="text"/>
Tea	<input type="text"/>
Evening	<input type="text"/> <input type="text"/> <input type="text"/>
Bed	<input type="text"/>



Read about setting time priorities in Chapter 5 of The Media Diet for Kids