My Computer Use Chart

	iviy na						
Each day I need to limit	This w	This week's date					
the time I spend on the computer.		Start time:	End time:	Start time:	End time:		
	Monday					l used my computer hour(s) today	
On weekdays, I can start using	Tuesday					l used my computer hour(s) today	
the computer at this time:	Wednesday					l used my computer hour(s) today	
On weekends, I can start using the computer at this time:	Thursday					I used my computer hour(s) today	
	Friday					I used my computer hour(s) today	
l can start using the computer for this long on weekdays:	Saturday					l used my computer hour(s) today	
l can start using the computer for this long on weekends:	Sunday					l used my computer hour(s) today	

My name is

RWJBH.org/CSH



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