



The _____ Family Contract



By signing this contract, we are promising to do our best to follow the rules and be ready to receive the consequences when we break those rules.

House Rules

1. _____
2. _____
3. _____
4. _____
5. _____

Technology Rules

1. _____
2. _____
3. _____
4. _____
5. _____

Screen Time Rules

1. _____
2. _____
3. _____
4. _____
5. _____

Activities to do Instead of Screen Time:

- _____
- _____
- _____
- _____
- _____

Possible Consequences:

- _____
- _____
- _____
- _____
- _____

All members of the _____ Family, please sign below to make your lasting promise.

_____ signature: _____

_____ signature: _____

_____ signature: _____

_____ signature: _____

*All rules and consequences are in complete control of the caregivers of the _____ family. _____ and _____ have the right to change any rule or consequence that he or she wants.