Screentime Considerations

The screens available to me are:
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The path siting I like to do an agreement
The activities I like to do on screens are:
The activities I like to do when I am not on a screen are:
My favorite times and days to use my screens are:
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The rules I should have for my screens are:
If I break the rules of getting off my screen, my consequence should be:
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Getting off my screen when I am having fun can be difficult. It would be helpful if:
Getting on my screen when rain having funcan be difficult. It would be helpful it.