

STUDENT'S NAME: _____ START DATE: _____



I.R.L LOG

"IN REAL LIFE!"

THIS CHART RESETS EACH CYCLE. RECORD THE HOURS YOU UNPLUG AND SPEND IN LEISURE OR RECREATION THAT DO NOT INVOLVE SCREEN-TIME. IF IT'S LONGER THAN INDICATED, THEN MARK MULTIPLE BOXES UNTIL IT TOTALS YOUR TIME SPENT "IN REAL LIFE". WHEN YOU COMPLETE ONE ROW, HAND IT IN FOR A STRIPE! THE MORE ROWS YOU COMPLETE WITHIN 1 CYCLE THE HIGHER THE STRIPE-REWARD! ADDITIONALLY, THE HIGHEST REWARD ROWS REQUIRE YOU TO SPEND AN ENTIRE DAY WITHOUT RECREATIONAL SCREEN-TIME! YOU CAN FILL THEM IN ANY TIME YOU DO THEM WITHIN THE CYCLE.

NOTE: EDUCATIONAL AND PROFESSIONAL SCREEN TIME DOES NOT COUNT AGAINST YOUR SCREEN-FREE DAY!

START HERE. MARK THE BOXES AS YOU ENJOY SPENDING HOURS UNPLUGGED. "IN REAL LIFE"

								REWARD TIER
30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	YELLOW STRIPE [5 POINTS] AWARDED BY INSTRUCTOR:____
30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	ORANGE STRIPE [10 POINTS] AWARDED BY INSTRUCTOR:____
30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	GREEN STRIPE [20 POINTS] AWARDED BY INSTRUCTOR:____
30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	30 MINS OF:	BLUE STRIPE [50 POINTS] AWARDED BY INSTRUCTOR:____
1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	ENTIRE DAY WITH NO SCREEN-TIME ON: __/__/__	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR:____
1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	ENTIRE DAY WITH NO SCREEN-TIME ON: __/__/__	RED STRIPE [100 POINTS] AWARDED BY INSTRUCTOR:____
1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	1-HOUR OF:	ENTIRE DAY WITH NO SCREEN-TIME ON: __/__/__	CUSTOM STRIPE [500 POINTS] AWARDED BY INSTRUCTOR:____

PURPLE I.R.L LOG # __/8 LIMIT PER CYCLE

IF YOU WANT TO RECEIVE YOUR INNER SIGHT AWARD AT THE NEXT GRADUATION, TURN IN THIS SHEET FULLY COMPLETED NO LATER THAN YOUR TESTING DAY (NOT ON GRADUATION). YOU CAN ONLY EARN ONE INNER SIGHT AWARD PER CYCLE, AND YOU MAY ONLY HAND IN A LIMIT OF 8 PURPLE SHEETS PER CYCLE FOR STRIPE POINTS!