

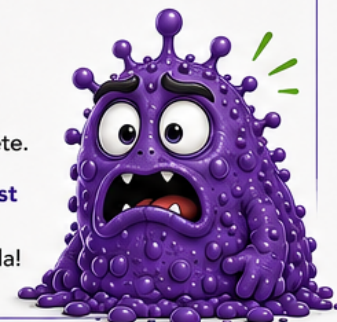


ESTIE'S SCREENZILLA SHRINK CHART

Complete healthy habits each day to
SHRINK Screenzilla! 

HOW IT WORKS:

-  Complete healthy habits each day.
-  Color in the circle for each habit you complete.
-  If you complete **at least 3 habits** in a day, you **SHRINK** Screenzilla!



ESTIE'S 6 SUPERPOWER HABITS	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 	SATURDAY 	SUNDAY 
 Read More (Read a book or comic)	☐	☐	☐	☐	☐	☐	☐
 Learn New Things (Draw, build, hobby)	☐	☐	☐	☐	☐	☐	☐
 Move Your Body (Sports, dancing, playing)	☐	☐	☐	☐	☐	☐	☐
 Spend Time Together (Family game, talk)	☐	☐	☐	☐	☐	☐	☐
 Explore & Be Curious (Go outside, nature)	☐	☐	☐	☐	☐	☐	☐
 Get Good Sleep (No screens 1 hr before bed)	☐	☐	☐	☐	☐	☐	☐

SCREENZILLA STATUS



FULLY GROWN
Too much screen time!



GETTING SMALLER
Keep going! You're doing great!

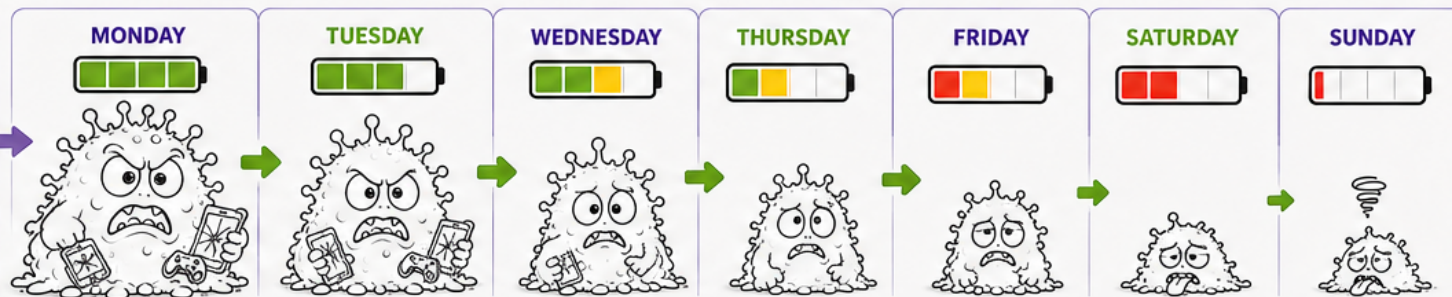


SHRUNK!
Great job! You shrunk Screenzilla!



INSTRUCTIONS FOR THE BOTTOM ROW:

-  Color in **Screenzilla** for each day you complete 3 or more habits!



PAWS UP! 
YOU'VE GOT THIS!

