

# PLEDGE CARD

I, \_\_\_\_\_, pledge that during the week of \_\_\_\_\_ I will only use screens when they are required for work. I will not: **1)** watch TV or videos; **2)** play games on tablets, websites, phones or consoles; **3)** surf the web; **4)** use social media. Instead of spending time with screens I will:

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The NO SCREEN Challenge

POSITION  
*of the Mouth*  
CLUB

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