



## SCREEN-FREE CHALLENGE 2026

Dear Scholars,

Be screen-free this summer. Spend time reading, playing outside, creating, running, and enjoying “real life”, not a virtual one. This chart will help you recognize how many days you make the screen-free choice. This means a full day (24 hours) of no iPhones, iPads, computers, or video games. Watching a movie or television show will not count against you if it is within a two-hour limit. If you exceed the two hours, then the day does not count as screen-free. This is an all-in program. Awards will be for those who are screen-free for the entire 86 days of summer! Please turn this page into your teacher on the first day of school.

Sincerely,

Jessica Gombert  
Grammar School Headmaster

**Highlight the days you were screen-free and calculate your grand total at the end of summer.**

MAY / JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16						

**Screen-Free Days**

**Grand Total**

(86 possible days)

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Scholar Name \_\_\_\_\_

Entering Grade \_\_\_\_\_ for 2026-2027

Scholar Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_