Have you…

* Done your morning chores? (Get dressed, brush teeth, tidy room, make bed, breakfast chore)
* Studied the scriptures and said prayers?
* Spent at least half an hour outside and/or exercised?
* Spent half an hour learning something new?
* Served someone?

Is it after 1:30 p.m.?

Yes?

Then you may have some screen time.