



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Screen-Time Journal

Directions: Each time you use up a 30-minute time period in front of a TV, smartphone, computer, or video game, place one slip of paper in an envelope. Once four slips (2 hours) are all in the envelope, you need to move on to a screen-free activity. Try to use fewer slips day by day and see if you can get to zero hours of screen time by the last day. On the Screen-Time Journal, record the number of hours, to the nearest half-hour, you spend with each type of screen.

|           |            |            |            |            |
|-----------|------------|------------|------------|------------|
| Monday    | 30 minutes | 30 minutes | 30 minutes | 30 minutes |
| Tuesday   | 30 minutes | 30 minutes | 30 minutes | 30 minutes |
| Wednesday | 30 minutes | 30 minutes | 30 minutes | 30 minutes |
| Thursday  | 30 minutes | 30 minutes | 30 minutes | 30 minutes |
| Friday    | 30 minutes | 30 minutes | 30 minutes | 30 minutes |
| Saturday  | 30 minutes | 30 minutes | 30 minutes | 30 minutes |
| Sunday    | 30 minutes | 30 minutes | 30 minutes | 30 minutes |

\*not including use for homework



# Personal Health Series Screen Time

Name: \_\_\_\_\_

Date: \_\_\_\_\_

| <i>Screen-Time Journal</i> | Computer* | Mobile Devices* | TV | Video Games | Total Hours |
|----------------------------|-----------|-----------------|----|-------------|-------------|
| Monday                     |           |                 |    |             |             |
| Tuesday                    |           |                 |    |             |             |
| Wednesday                  |           |                 |    |             |             |
| Thursday                   |           |                 |    |             |             |
| Friday                     |           |                 |    |             |             |
| Saturday                   |           |                 |    |             |             |
| Sunday                     |           |                 |    |             |             |

\*not including use for homework

Was it easy or hard to stick to your screen-time budget? Write about your week here: \_\_\_\_\_

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