



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

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

## Screen-Time Tracker

Directions: Fill in the number of hours, to the nearest quarter-hour, you spend with each type of screen during Week 1. Add up the daily hours in the last column, then add up the total hours for the week here: \_\_\_\_\_ hours.

<b>Week 1</b>	<b>Computer*</b>	<b>Mobile Devices*</b>	<b>TV</b>	<b>Video Games</b>	<b>Total Hours</b>
<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					

\*not including use for homework



# Personal Health Series Screen Time

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

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

## Screen-Time Tracker

Directions: Fill in the number of hours, to the nearest quarter-hour, you spend with each type of screen during Week 2. Add up the daily hours in the last column, then add up the total hours for the week here: \_\_\_\_\_ hours. List your screen-free alternatives at the bottom.

Week 2	Computer*	Mobile Devices*	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

\*not including use for homework

Screen-free alternatives: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_