

SCREEN TIME TRACKER

Use this worksheet to keep track of the amount of time that you spend looking at a screen. Write down the number of hours (h) and minutes (m) that you spend on each specific device! Write down the total for the day at the end of each row.

DAY OF THE WEEK	CELL PHONE	VIDEO GAMES	TABLET	COMPUTER/ LAPTOP	TELEVISION	TOTAL
	h m	h m	h m	h m	h m	h m
	h m	h m	h m	h m	h m	h m
	h m	h m	h m	h m	h m	h m
	h m	h m	h m	h m	h m	h m
	h m	h m	h m	h m	h m	h m
	h m	h m	h m	h m	h m	h m



Week Total: h m