

**SCREEN TIME TRACKING P1-3 pPppP1333333Example**

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

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| **Day of the week** | **SCREEN TIME**: TV, Gaming,  Surfing the net, iPad, Laptop, Smartphone etc. | **How many times in the last 24 hours at home for entertainment has your child watched: TV and used the laptop, smart phone, iPad, computer** |
| **Monday** | 3 ½ hours | TV 2 times  Smart Phone 3 times  Ipad once |
| **Wednesday** | 2 hours | TV 1 time  Smart Phone 3 times  Ipad twice |
| **Saturday** | 6 hours | TV 2 times  Smart Phone 4 times  Ipad 3 times |



**Comment:**

**Are you surprised by the results? Yes or no**

**Do you think the results are a concern? Why or why not?**

**What do you think you should do now?**