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

**SCREEN TIME TRACKING Example**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day of the week** | **TV SCREEN TIME** | **COMPUTER TIME**: Gaming, social media, iPad, WhatsApp, text messages etc. | **DAILY TOTAL ENTERTAINMENT SCREEN TIME** |
| **Monday** | 2 hours | 3 ½ hours | 5 ½ hours |
| **Wednesday** | 1 hours | 6 hours | 7 hours |
| **Saturday** | 4 hours | 8 hours | 12 hours |



**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?**