

## **Frequently Asked Questions**

1. Do we count time spent talking on the phone?

No.

2. What about downloading music, do we count that?

If you are sitting in front of the computer screen, yes, that counts. If you walk away and do something else while it downloads, no it doesn't.

3. What if you don't spend any time on an activity such as watching TV?

Then place a zero in the box of the Screen Time Tracking Form.

4. What if the TV is on while I'm doing something else? Does that count?

Yes, if you are in front of the TV or a screen it counts.

5. What if I watch educational TV/documentaries? Does that count?

Yes, that counts.

