

**SCREEN TIME TRACKING**

**Example**

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| --- | --- | --- | --- |
| **Day of the week** | **TV SCREEN TIME** | **COMPUTER TIME**: Gaming, surfing the net, social media, 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 |

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

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?