

NAME: \_\_\_\_\_ WEEK OF: \_\_\_\_\_

	TV			VIDEO GAMES			COMPUTER			CELL PHONE			DAILY TOTAL
	S	F	T	S	F	T	S	F	T	S	F	T	
MONDAY													
TUESDAY													
WEDNESDAY													
THURSDAY													
FRIDAY													
SATURDAY													
SUNDAY													

**S** = Start Time    **F** = Finish Time    **T** = Total Time

WEEKLY TOTAL



# Screen Time Tracker