

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

