



Daily screen time & activity log

Too much screen time can interfere with other life activities that are important to overall health and wellbeing. Use the two charts below to help moderate screen use, balance it with non-screen activities, and identify potential areas for improvement.

Name:

Daily Screen Time Limit:

Actual Time Spent per Screen Activity

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV, Video, & Streaming							
Gaming							
Web Use							
Social Media & Texting							
Other							
TOTAL:							

Daily screen time & activity log

(continued)

Screen/Life Balance Activities

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercised for one hour or more							
Spent time outside							
Ate dinner with family (screen free)							
Used good screen etiquette							
Got enough sleep							
Stayed within my screen time limit							
Other							