

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 | | | | | | | |