



KEEP TRACK OF YOUR SCREEN TIME!



Name: _____ Age: _____

You can stay anonymous if you wish but it would be really helpful to know your age.

Please record on the chart below the time in minutes that you spend using a device (Phone, tablet, PC or Laptop) for each day of the week.

You can use this key to show what you were doing at the time: **Sch** = Educational (school work directed by your teacher); **E** = Educational (other/extra); **S** = Social (interacting with groups or friends); **G** = Games; **B** = Browsing (just looking at stuff); **O** = other (anything else you use your device for).

Week beginning 20.10.25	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							
Total time each day							
Here you can add any additional information or make a comment.							