

Screen Time Tracker

Name: _____ Week of: _____

	TV S to F = T	Video Games S to F = T	DVD/Movie S to F = T	Computer S to F = T	Cell Phone S to F = T	DAILY TOTAL
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

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

WEEKLY TOTAL
SCREEN TIME HOURS: _____