



Name: _____

Date: _____

Screen-Time Journal

Directions: Each time you use up a 30-minute time period in front of a TV, smartphone, computer, or video game, place one slip of paper in an envelope. Once four slips (2 hours) are all in the envelope, you need to move on to a screen-free activity. Try to use fewer slips day by day and see if you can get to zero hours of screen time by the last day. On the Screen-Time Journal, record the number of hours, to the nearest half-hour, you spend with each type of screen.

Monday	30 minutes	30 minutes	30 minutes	30 minutes
Tuesday	30 minutes	30 minutes	30 minutes	30 minutes
Wednesday	30 minutes	30 minutes	30 minutes	30 minutes
Thursday	30 minutes	30 minutes	30 minutes	30 minutes
Friday	30 minutes	30 minutes	30 minutes	30 minutes
Saturday	30 minutes	30 minutes	30 minutes	30 minutes
Sunday	30 minutes	30 minutes	30 minutes	30 minutes

*not including use for homework



Name: _____

Date: _____

<i>Screen-Time Journal</i>	Computer*	Mobile Devices*	TV	Video Games	Total Hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*not including use for homework

Was it easy or hard to stick to your screen-time budget? Write about your week here: _____
