

Screen Time Log

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours spent watching TV, texting, playing video games, using computers*							
Week 2							
Hours spent watching TV, texting, playing video games, using computers*							
Week 3							
Hours spent watching TV, texting, playing video games, using computers*							
Week 4							
Hours spent watching TV, texting, playing video games, using computers*							

*not including computer use for homework