

Screen Time Log

Week 1 hours	TV	Mobile devices	Computer*	Video games	Total hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*not including computer use for homework

Screen Time Log

Week 2 hours	TV	Mobile devices	Computer*	Video games	Total hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*not including computer use for homework

Screen Time Log

Week 3 hours	TV	Mobile devices	Computer*	Video games	Total hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*not including computer use for homework

Screen Time Log

Week 4 hours	TV	Mobile devices	Computer*	Video games	Total hours
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*not including computer use for homework