



## Daily Screen Time & Activity Log

Too much screen time can interfere with other life activities that are important to overall health and well-being. Use the two charts below to help moderate screen use, balance it with non-screen activities, and identify potential areas for improvement.

Name: \_\_\_\_\_

Daily Screen Time Limit: \_\_\_\_\_

### Actual Time Spent per Screen Activity

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV, Video, & Streaming							
Gaming							
Web Use							
Social Media & Texting							
Other							
<b>Total:</b>							

## Screen/Life Balance Activities

	Monday (Y/N)	Tuesday (Y/N)	Wednesday (Y/N)	Thursday (Y/N)	Friday (Y/N)	Saturday (Y/N)	Sunday (Y/N)
Exercised for one hour or more							
Spent time outside							
Ate dinner with family (screen free)							
Used good screen etiquette							
Got enough sleep							
Stayed within my screen time limit							