



Safe-Screen.org

SAFER DEVICES, STRONGER FAMILIES
DIGITAL SAFETY EDUCATION • 501(c)(3)

WEEKLY SCREEN TIME TRACKER

Child Name: _____

Week Of: _____

Apple Access Guide:

Settings > Screen Time > See All Activity. Scroll to view usage by category/app.

Android Access Guide:

Settings > Digital Wellbeing. Tap the Chart to see daily breakdown and app timers.

CATEGORY	MON	TUE	WED	THU	FRI	SAT	SUN
Social Media (TikTok, IG, Snap)							
Video (YouTube, Netflix)							
Gaming (Roblox, Games)							
Productive (School, Art)							
Browsing / Other							
TOTAL DAILY HOURS							

The Sunday Reflection

1. **Weekly Total:** Total hours spent on screens this week: _____ hours.
2. **Opportunity Cost:** If 50% of this time was spent on a new hobby or skill, how many hours is that? _____ hours.
3. **Goal:** Identify one category to reduce by 30+ mins/day next week: _____
4. **Action Plan:** What "Analog" activity (reading, sports, etc.) will replace that time?
