

# 7-Day Digital Wellness Tracker

Notice patterns with curiosity, not judgment | For teens and adults

Use your phone's screen-time report if helpful, or estimate. You do not need to track every minute. The goal is to notice how different online experiences affect your mood, sleep, relationships, and choices.

Name or initials (optional):

## Your week at a glance

| Day | Minutes | Before mood | After mood | Sleep impact | Content / pattern noticed |
|-----|---------|-------------|------------|--------------|---------------------------|
| Mon |         |             |            |              |                           |
| Tue |         |             |            |              |                           |
| Wed |         |             |            |              |                           |
| Thu |         |             |            |              |                           |
| Fri |         |             |            |              |                           |
| Sat |         |             |            |              |                           |
| Sun |         |             |            |              |                           |

## Mood words to consider

Calm, connected, inspired, entertained, distracted, anxious, left out, angry, numb, lonely, overwhelmed. Mixed feelings count, too.

## Reflection & Next Steps

Your observations matter more than any single number

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### Look back at the week

Which online activities helped me feel connected, informed, or creative?

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Which accounts, topics, or interactions left me feeling worse?

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Did social media affect my sleep, focus, responsibilities, or relationships?

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What did I notice about scrolling when I was bored, stressed, or lonely?

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What boundary would I like to keep, change, or test next week?

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### My next 7-day experiment

One realistic change I will try:

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How I will know whether it helped:

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Remember: A high number of minutes alone does not establish an addiction or a mental health diagnosis. Consider the context, purpose, control, and effect of use. If online experiences feel unsafe or overwhelming, reach out to someone you trust or a qualified professional.