

SCREEN TIME LOG

You can control your screen time by checking how many hours you are spending in front of a screen. Use this log to track your screen time for a week.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Are you spending more than 2 hours a day on a screen?

Don't forget school screentime!

Cut screen time and replace it with some healthier activities!

What are some activities you would like to try out?

