



SCREEN TIME

Tracker

BE MINDFUL. BE BALANCED. BE YOU. ♥



MONTH: _____

GOAL: Daily screen time limit _____ hrs

DATE	WEEKDAY	SCREEN TIME (HOURS)				TOTAL	WITHIN GOAL?
		STUDY / WORK	SOCIAL MEDIA	ENTERTAINMENT	OTHER		
1							☐ YES ☐ NO
2							☐ YES ☐ NO
3							☐ YES ☐ NO
4							☐ YES ☐ NO
5							☐ YES ☐ NO
6							☐ YES ☐ NO
7							☐ YES ☐ NO
8							☐ YES ☐ NO
9							☐ YES ☐ NO
10							☐ YES ☐ NO
11							☐ YES ☐ NO
12							☐ YES ☐ NO
13							☐ YES ☐ NO
14							☐ YES ☐ NO
15							☐ YES ☐ NO
16							☐ YES ☐ NO
17							☐ YES ☐ NO
18							☐ YES ☐ NO
19							☐ YES ☐ NO
20							☐ YES ☐ NO
21							☐ YES ☐ NO
22							☐ YES ☐ NO
23							☐ YES ☐ NO
24							☐ YES ☐ NO
25							☐ YES ☐ NO
26							☐ YES ☐ NO
27							☐ YES ☐ NO
29							☐ YES ☐ NO
31							☐ YES ☐ NO

DAILY AVERAGE (THIS MONTH)

Study / Work _____ hrs
 Social Media _____ hrs
 Entertainment _____ hrs
 Other _____ hrs
Total Average _____ hrs

WEEKLY SUMMARY

WEEK	TOTAL HOURS	WITHIN GOAL?
Week 1 (1-7)	_____	☐ YES ☐ NO
Week 2 (8-14)	_____	☐ YES ☐ NO
Week 3 (15-21)	_____	☐ YES ☐ NO
Week 4 (22-28)	_____	☐ YES ☐ NO
Week 5 (29-31)	_____	☐ YES ☐ NO

TOP APPS / WEBSITES (THIS MONTH)

- _____ hrs
- _____ hrs
- _____ hrs
- _____ hrs
- _____ hrs

SCREEN TIME GOALS

- ☐ Stick to my daily limit
- ☐ Use screens with purpose
- ☐ Take regular breaks
- ☐ More offline activities
- ☐ Focus on real-life moments

MONTHLY REFLECTION

★ What went well this month?

💡 What can I improve?

♥ How did I feel about my screen time?

🎯 What will I do next month?

REMEMBER: ♥

It's not about zero screen time, it's about balanced screen time.

⌚ BALANCE YOUR SCREENS. ENJOY YOUR LIFE. ♥