



WEEKLY Screen Time TRACKER



WEEK OF: _____

DAILY GOAL: _____ hours

DAY	SCREEN TIME (HOURS)					TOTAL (HOURS)	WITHIN GOAL?
	STUDY / WORK 	SOCIAL MEDIA 	ENTERTAINMENT 	GAMING 	OTHER 		
MONDAY						_____	☐ YES ☐ NO
TUESDAY						_____	☐ YES ☐ NO
WEDNESDAY						_____	☐ YES ☐ NO
THURSDAY						_____	☐ YES ☐ NO
FRIDAY						_____	☐ YES ☐ NO
SATURDAY						_____	☐ YES ☐ NO
SUNDAY						_____	☐ YES ☐ NO
WEEKLY TOTAL	_____	_____	_____	_____	_____	_____	—

WEEKLY SUMMARY

Total Screen Time: _____ hrs

Daily Average: _____ hrs

Most Used For: _____

Least Used For: _____

TOP APPS / WEBSITES

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

MY GOALS

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

SCREEN TIME BREAKDOWN

- Study / Work _____ %
- Social Media _____ %
- Entertainment _____ %
- Gaming _____ %
- Other _____ %

Total 100 %

WEEKLY REFLECTION

What went well this week?

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What can I improve?

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How did I feel about my screen time?

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What will I do next week?

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≡ BALANCE YOUR SCREENS. ENJOY YOUR LIFE. ≡