



SCREEN TIME TRACKER

TRACK TODAY. FOCUS BETTER. ACHIEVE TOMORROW. ★

Remember:

- ✓ Use screens with purpose.
- ✓ Take regular breaks.
- ✓ Balance is the key to success!



NAME: _____



WEEK OF: _____



MY GOAL: I will limit my screen time to _____ hours per day.



DAILY LIMIT: _____ hours

DAY	SCREEN TIME (HOURS)						TOTAL (HOURS)	WITHIN MY GOAL?
	STUDY / ONLINE CLASS 	SOCIAL MEDIA 	ENTERTAINMENT 	GAMING 	VIDEOS / STREAMING 	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 This Week:

_____ hours

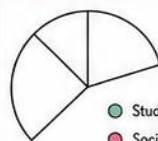
Daily Average:

_____ hours

Most Used For: _____

Least Used For: _____

SCREEN TIME BREAKDOWN



- Study / Online Class _____%
- Social Media _____%
- Entertainment _____%
- Gaming _____%
- Videos / Streaming _____%
- Other _____%

Total 100%



TOP 3 APPS / WEBSITES

1. _____

Time: _____ hours

2. _____

Time: _____ hours

3. _____

Time: _____ hours



MY GOALS

- ☐ Stick to my daily screen time limit.
- ☐ Use screens only for important tasks.
- ☐ Take regular breaks (20-20-20 rule).
- ☐ Spend more time on offline activities.
- ☐ Sleep early and stay refreshed.



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 differently next week?

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BALANCE YOUR SCREENS. PROTECT YOUR TIME. BUILD YOUR FUTURE.

