



Track today.
Stay in control.
Build a better
tomorrow!

SCREEN TIME TRACKER FOR PHONE

USE YOUR PHONE WISELY

- ✓ Be present
- ✓ Take breaks
- ✓ Stay focused
- ✓ Balance is key
- ✓ Your time matters!



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



NAME: _____



WEEK OF: _____

DAY	SCREEN TIME (HOURS)					TOTAL (HOURS)	WITHIN MY GOAL?
	STUDY / PRODUCTIVE 	SOCIAL MEDIA 	GAMES 	ENTERTAINMENT (VIDEOS, MUSIC) 	OTHERS 		
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: _____ hours

Daily Average: _____ hours

Most Used For: _____

Least Used For: _____



TIME BREAKDOWN



- Study / Productive _____%
- Social Media _____%
- Games _____%
- Entertainment _____%
- Others _____%

Total _____ 100%



TOP 3 APPS

1. _____
Time: _____ hours

2. _____
Time: _____ hours

3. _____
Time: _____ hours



MY GOALS

- ☐ I will limit my screen time.
- ☐ I will use my phone with purpose.
- ☐ I will take regular breaks.
- ☐ I will spend more time on real-life activities.



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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.....

QUICK TIPS



Set time limits on apps.



Turn off unnecessary notifications.



Keep your phone away during study and sleep.



Take breaks, stretch, and move!



Connect with people, not just screens.



♥ BALANCE YOUR PHONE, BALANCE YOUR LIFE. ♥