



SCREEN TIME TRACKER

FOR PC



NAME: _____



WEEK OF: _____



MY GOAL:

I will limit my PC screen time to _____ hours per day.



DAY	SCREEN TIME (HOURS)						TOTAL (HOURS)	WITHIN MY GOAL?
	STUDY / ONLINE CLASS 	WORK / PRODUCTIVE 	CREATIVE (DESIGN, CODING, WRITING) 	ENTERTAINMENT (VIDEOS, MOVIES) 	GAMING 	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

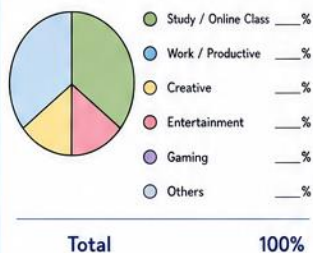
Total PC Screen Time: _____ hours

Daily Average: _____ hours

Most Used For: _____

Least Used For: _____

TIME BREAKDOWN



TOP 3 ACTIVITIES

1. _____
Time: _____ hours
2. _____
Time: _____ hours
3. _____
Time: _____ hours



MY GOALS

- ☐ I will use my PC for important tasks.
- ☐ I will take regular breaks.
- ☐ I will avoid distractions.
- ☐ I will finish my work on time.
- ☐ I will balance screen time with other 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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PC SCREEN TIME TIPS



Keep the screen at eye level.



Take a 5–10 minute break every hour.



Use good lighting and adjust brightness.



Sit straight and keep your back supported.



Drink water and stay hydrated.



USE YOUR PC WISELY TODAY FOR A BETTER TOMORROW!

