

Name:

SCREEN TIME LOG: _____ TO _____

In the boxes, log the number of hours you spent with each screen per day. If one box does not apply to your screen use, you can change it.

	TV, Netflix, Hulu, etc	Video Gaming	Phone Use	Computer	# of Device Pickups : Tally mark every time you pick it up
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Totals					