

Name _____

Digital Health: Screen Time Reflection

Directions: Look either at your paper Screen Time Log or your tracking app on your phone to answer the following questions. Be sure to answer the questions **honestly**.

1) On what day did you have the most hours on a screen? _____

Why do you think you had that many hours on that day?

Were you surprised by the amount of time you spent on a screen that day? _____

Why or why not? _____

2) Look at your information for the whole week.

List 3 activities that you did in which looking at a screen was **productive** (related to homework, helped you get something done, taught you something useful).

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List 3 activities that you did in which looking at a screen was **not productive** (it entertained you, gave you something to do when you were bored, etc.)

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What did you spend the most time doing on a screen during the past week (TV? Computer? Video Game? What app?) _____

What was the average time you spent on a screen each day? (*take the total minutes or hours you spent on a screen over the week and divide by 7*) _____

3) Do you think that you spend “too much time” looking at a screen? _____

Why or why not? _____

4) What activities could you be doing if you were not on a screen? List at least 3

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5) As a school, we would like to see everyone spend less time doing non-productive things on or with a screen.

Now that you have some “data” about your screen time, name 1 thing that you would like to change about your digital habits:

Thank you for tracking your screen time and for answering these questions honestly.

You will be coming back to this paper in the next few weeks- ask your teacher if he or she wants you to keep it or if the teacher would prefer to keep it!