



Screen Time Tracking Chart

Screen Time = Time spent watching TV, playing video games, playing computer games, using the computer or phone for non-school or work related things, or texting

Week of:					
Name:					
Screen Time Limit for the Week (hrs/wk):					
	Daily Limit (hrs/day)	TV	Video Games	Computer	Phone
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

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