

Screen Time Tracker

Use this tracker to calculate your online/screen time in hrs.
Enter the total hours each day for each type of device then
total the hours.



Day of the Week	TV	Cell Phone	Online Games	Computer/Laptop	Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



How many total hours did you have for the week? _____

What can you do to reduce your device time each week? _____