



Screen Time Tracker

Place this sheet near the TV, by the computer, or on the refrigerator for easy access.

Name: _____ Week of: _____

	TV	VIDEO GAMES	DVD	COMPUTER/ INTERNET	NON-SCREEN ACTIVITIES	TOTAL DAILY HOURS
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

TOTAL WEEKLY HOURS:

Vist GetGameSmart.com for hints on managing screen time.