Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SCREEN TIME TRACKING RECORD**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day of the week** | **TV SCREEN TIME** | **COMPUTER TIME**: Gaming, surfing the net, social media, WhatsApp, text messages etc. | **DAILY TOTAL SCREEN TIME** | **Parental Signature** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Are you surprised by the results? Yes or no

Do you think the results are a concern? Why or why not?

What do you think you should do now?