


Name: _____

Fill in your total screen time in each column:



	TV/Movies	On device: phone/laptop/ tablet	Games	Daily Total	Screen Free Activities
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Total Screen Time hours =					

1. Count the hours you spend in front of a screen each day.
2. Add up your daily total of screen time for each day of the week to get your weekly total of time you spend in front of the screen.
3. Think about how much of that total screen time is:
 - **productive** e.g. for homework, school work, learning new skills.
 - **passive** e.g. for entertainment, to watch videos for fun, communicate with friends, play games.
4. Which screen time activity do you spend the most time on? Is this time productive or passive, and why?
5. Draw and label a symbol to represent a screen free activity. These are fun things you can do that don't involve a TV, computer, tablet, or smartphone, for each day of the week in the space provided.

