

Screen time tracker

It's easy to get caught up in technology, because for most of us it is part of our daily lives or can take up a lot of our time. We can easily fall into the pattern of spending another 15 minutes playing an online game, even though we have other things to do, or an hour of watching videos goes by, instead of going to sleep. It can be hard to break this cycle, but I challenge you to try and spend less time using technology for a week. See if you notice any benefits and compare your daily activities and screen time over the next week to previous weeks.

Day of the week	Daily screen time	Positive changes (things you did instead of use electronic devices)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Overall weekly screen time this week vs. last week -

List any benefits you noticed from reducing your screen time -

What apps did you most frequently use -

Write down any wellbeing apps you used -

What changes could you try and make going forward?