



Screen Time Chart

Track how much time your family is spending in front of a screen. Keep one chart for each person.

Name: _____

Dates: _____

	TV	Computer	Tablet	Phone	Video Games	Totals
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Directions:

For each day, write down the minutes spent recreationally using each type of screen. Add the minutes for every day at the end of the rows.

1 hr = 60 min, 1.5 hrs = 90 min, 2 hrs = 120 min

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Strive for
2 hours or less
of screen time per day