

NAME: \_\_\_\_\_

PERIOD of the Day: \_\_\_\_\_

\* If you use any of these devices **MORE THAN 1X IN A DAY**, then be sure to record how long it was used **EACH TIME** you used it.

\*\* You will need to note down when you start and then stop using a device each time. ADD the total time used per day and then for

DAY OF THE WEEK	TV	VIDEO GAMES	DVD-MOVIES	COMPUTER	TABLET – IPAD	CELL PHONE	OTHER (Kindle ...)	DAILY TOTAL
MONDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
TUESDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
WEDNESDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
THURSDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
FRIDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
SATURDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
SUNDAY	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:	Total time:
	Week total:	Week total:	Week total:	Week total:	Week total:	Week total:	Week total:	GRAND total: