Screen time tracker

Phone and TV hours a day, and whether the phone made it into the bedroom.

MONTH

MY LIMIT

DAY	PHONE	TV	IN BED
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐
11			☐
12			☐
13			☐
14			☐
15			☐
16			☐

DAY	PHONE	TV	IN BED
17			☐
18			☐
19			☐
20			☐
21			☐
22			☐
23			☐
24			☐
25			☐
26			☐
27			☐
28			☐
29			☐
30			☐
31			☐

WHAT I DID INSTEAD

Not medical advice. Get your doctor's OK before you start.