

Strides for Managing Screen Time

Screen Time Tracker



Excessive screen time is defined as spending more than 2 hours a day looking at a screen outside of your work hours.

Using the table below, track your screen time throughout the week.

Day	Device(s) Used	Activity(s)	Total Time Spent (hours)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Additional _____
Notes: _____

