

# Strides for Managing Screen Time

## Screen-Time Assessment



On a scale of 1 to 10, where 1 = not at all and 10 = all the time, how much your screen time has affected you in the following:

	1. The use of devices interferes with your daily life (sleep, conversations, school or work).
	2. You feel worried or irritable when you are without your device, even for short periods.
	3. You have trouble limiting the amount you use it, losing track of time that you spend online
	4. You find yourself feeling worse after using it
	5. You find yourself defending the amount of time you spend watching TV, using your phone, on social media, etc.
	6. You prioritize spending time playing with your device over the time for exercising and connecting in-person with people.

Additional  
Notes:

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