

Strides for Managing Screen Time

Screen-Time Assessment – Part 2



On a scale of 1-10 (1=not at all, 10=all the time), how much do you think Screen Time has affected you in the following ways:

	1. You feel ongoing headaches, eye strain and cannot get proper sleep.
	2. You are experiencing neck, back, and/or hand pain.
	3. You are constantly checking your device when you are trying to complete tasks.
	4. You find yourself talking about things you have seen on TV, social media, etc.
	5. You are not contacting friends who may not be online as often
	6. You are experiencing a decline in work or school performance.

Additional
Notes:
