**Target Behavior Label: Screen Time Duration**

**Operational Definition**

Operations definition is the total number of minutes I spend on electronic screens (e.g., phone, tablet, computer, television) per day. This definition focuses on the dimension of duration (measured in minutes) and is objectively quantifiable. It can be observed and measured by another person or a recording device.

**Recording instrument**

I utilized the built-in Screen Time Tracker app on Apple devices (iPhones and Macbooks) to monitor and record my screen time activities. This application provides detailed insights into the duration of screen usage across various applications. This choice was made for its convenience and accessibility, as it comes pre-installed on Apple devices and offers comprehensive tracking capabilities. The screen time application is available on Macbooks and iPhones as it is efficient as the two devices constitute my total screen time.