

Name:	DIGITAL WELLBEING TRACKER	
		Month:
SCREEN TIME	(1.2.3.4.3.0.7/1.6.193.10.1.14)2:13.14.15.16.17.18.19.20.21.22.2	3 24 25 26 27 28 29 30 31
<i>5.1</i>		Goals
2 to 3 hours		the said of the sa
3 to 5 hours		er africant i cara markanta franchisa i filipia di mangana di cara
5 to 8 hours		
More than 8 hours		
HALENESS		
Eye break rule (20-20-20)	a	
Exposure to Sunlight		
Enable Dark Mode at Night		
WATER CONSUMPTION		
<1 litres		a o a o o o o o o
< 2 litres		
< 5 litres		
PHYSICAL & MENTAL HASSLE		
Eye Strain	a q a a - a - a - a	
Back Pain		000000000
Stressed Out	Ø00000°00000°0000000000000	
Battery Anxiety		
Tnumb & Wrist - Discomfort		
SCREEN FREE MEALS		
Break fast	000000000000000000000000000000000000000	
Lunch		
Dinner		
MEAL TIME JOURNAL		
Breakfast / Dinner		
6 to 8 am / 6 to 8 pm		
8 to 10 am / 8 to 10 pm		
10 to 11 am / 10 to 11 pm		
SLEEP QUALITY		
Deep Sleep -> 7 Hours		
Light Sleep - < 5 Hours		00000000000
Often awake - < 3 Hours		
SOCIAL INTERACTIONS		
More on social media	8080080800000000000000	
More in person		

More in person Conversation