Tracking Screen Time & Effect on Behavior

	Time Period (e.g. 30 min.,	Type of Activity (e.g. History show,	Level	Progress Rating (Refer to Scale)
	60 min., etc.)	math app, videogame)	(Low, Moderate, High Draw)	(Refer to Scale)
Monday			j	
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
TOTAL				