Screen Time Tracker

	1–2 Hours	3–4 Hours	5–6 Hours	7–8 Hours	8+ Hours
Day 1	☐	☐	☐	☐	☐
Day 2	☐	☐	☐	☐	☐
Day 3	☐	☐	☐	☐	☐
Day 4	☐	☐	☐	☐	☐
Day 5	☐	☐	☐	☐	☐
Day 6	☐	☐	☐	☐	☐
Day 7	☐	☐	☐	☐	☐
Day 8	☐	☐	☐	☐	☐
Day 9	☐	☐	☐	☐	☐
Day 10	☐	☐	☐	☐	☐
Day 11	☐	☐	☐	☐	☐
Day 12	☐	☐	☐	☐	☐
Day 13	☐	☐	☐	☐	☐
Day 14	☐	☐	☐	☐	☐
Day 15	☐	☐	☐	☐	☐
Day 16	☐	☐	☐	☐	☐
Day 17	☐	☐	☐	☐	☐
Day 18	☐	☐	☐	☐	☐
Day 19	☐	☐	☐	☐	☐
Day 20	☐	☐	☐	☐	☐
Day 21	☐	☐	☐	☐	☐
Day 22	☐	☐	☐	☐	☐

	1–2 Hours	3–4 Hours	5–6 Hours	7–8 Hours	8+ Hours
Day 23	☐	☐	☐	☐	☐
Day 24	☐	☐	☐	☐	☐
Day 25	☐	☐	☐	☐	☐
Day 26	☐	☐	☐	☐	☐
Day 27	☐	☐	☐	☐	☐
Day 28	☐	☐	☐	☐	☐
Day 29	☐	☐	☐	☐	☐
Day 30	☐	☐	☐	☐	☐
Day 31	☐	☐	☐	☐	☐

How many hours a day do you spend in front of a screen? Can you reduce your screen time each day/week?

The challenge goal is to reduce the amount of daily screen time from beginning of the month to the end of the month. Track your daily screen time using this tracking sheet.

TULSA HEALTH
Department
School Health Program