

Screen Time Chart

Name _____

Day of the week and time of day	Time started watching TV or movies, playing video games, spending time online for fun, texting	Time stopped watching TV or movies, playing video games, spending time online for fun, texting	Total hours

Morning	_____	_____	_____
Afternoon	_____	_____	_____
Evening	_____	_____	_____
	TOTAL TIME FOR THE DAY _____		

Morning	_____	_____	_____
Afternoon	_____	_____	_____
Evening	_____	_____	_____
	TOTAL TIME FOR THE DAY _____		

Morning	_____	_____	_____
Afternoon	_____	_____	_____
Evening	_____	_____	_____
	TOTAL TIME FOR THE DAY _____		

Morning	_____	_____	_____
Afternoon	_____	_____	_____
Evening	_____	_____	_____
	TOTAL TIME FOR THE DAY _____		

Morning	_____	_____	_____
Afternoon	_____	_____	_____
Evening	_____	_____	_____
	TOTAL TIME FOR THE DAY _____		

Morning	_____	_____	_____
Afternoon	_____	_____	_____
Evening	_____	_____	_____
	TOTAL TIME FOR THE DAY _____		

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).