

# Daily Screen Time Log

Day	TV	Video Games	Computer	Total
<b>Example</b>	2 Hours	1 1/2 Hours	1 Hour	4 1/2 Hours
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

**2 HOURS OR LESS OF RECREATIONAL SCREEN TIME** 

