**Screen Time Log**

**NAME:**

1. **What is screen time?** If your eyes are on the screen, it counts as screen time. Playing music, talking on the phone or other uses that don’t require your eyes to be on the screen do not count as screen time. For the purposes of this assignment, neither does HW.
2. Looking at battery usage to track your screen time only covers yesterday and today, so try to log your screen time daily.

**My estimated screen time**:

My actual screen time **yesterday** (on Iphones, use the battery usage feature):

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **AVERAGE** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**(Flipevich)**

For the 3rd week, log below if you went **over an hour** of leisure screen time that day.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  |  |