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## Screen Time Management

Daily progress tracker

## Date:

## TODAY I REDUCED MY SCREEN TIME.

Activity:	1. I counted how many times I picked up my phone today.
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	





I M E L I 🚣 A C		$\bigcirc$ 000
Activity:	2. I stayed media-free when eating meals.	
Did I do it?	Yes / No	
What went well?		
What can I improve?		
What did I gain?		

Activity:	3. I stayed off TV and phone in bed.	
Did I do it?	Yes / No	
What went well?		
What can I improve?		
What did I gain?		

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Activity:	4. I socialized more in person rather than on social media.
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	

Activity:	5. I set a timer for specific activities on my phone.
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	



I M E L I 🕰 A C		
Activity:	6. Last night, I put my phone charger away from the bed.	
Did I do it?	Yes / No	4
What went well?		
What can I improve?		
What did I gain?		

Activity:	7. Had my phone lock itself to limit my use.	
Did I do it?	Yes / No	6.
What went well?		
What can I improve?		
What did I gain?		

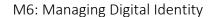




M6: Managing Digital Identity

I M E L I 🕰 A C		
Activity:	8. Switched off notifications.	
Did I do it?	Yes / No	
What went well?		
What can I improve?		
What did I gain?		









Activity:	10. Tricked myself into limiting my phone use
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	







