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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?	





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?	



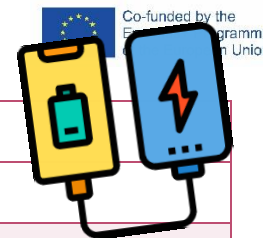
Activity:	3. I stayed off TV and phone in bed.
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	



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?	





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



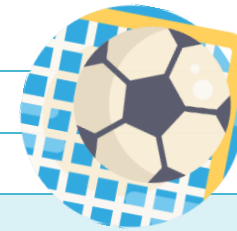
Activity:	7. Had my phone lock itself to limit my use.
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	



Activity:	8. Switched off notifications.
Did I do it?	Yes / No
What went well?	
What can I improve?	
What did I gain?	



Activity:	9. Did a creative activity or played sports.
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?	

