

Help your child to fill out this journal each day and, yes, you keep an honest record, too! After a week, compare results. Any surprises? Note: homework time does not count here.

Day	Computer	Mobile Devices	TV	Video Games	Total Hours
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					