Weekly Screen Time Goals

Month:_____ Child's Name:_____

Our Screen Time Goals:

Daily Screen Time Limit:_____ hours/minutes

Tech-Free Zones:_____

Tech-Free Times:_____

Weekly Tracker

Day	Screen Time Used	Activities	Notes
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

How to Use the TECHSAFE Family Screen Time Tracker

Set Your Goals:

Talk with your child about setting realistic screen time goals for each day of the week.
Consider their age, interests, and any school-related screen time needs.
Write down your agreed-upon daily limits in the "Screen Time Goal" section.
Track Daily Usage:

Keep track of your child's screen time each day.
Be honest and accurate in your recording.
You can use a timer, an app, or simply keep a log throughout the day.
At the end of each day, add up the total screen time used and record it in the "Screen Time Used" column.

Reflect and Adjust:

At the end of the week, review the tracker with your child.
Discuss how well they met their goals and any challenges they faced.
Talk about the activities they enjoyed during their screen-free time.
Adjust the goals or strategies for the following week, if needed.

Tips for Success:

Be consistent: Track screen time consistently to establish healthy habits.
Communicate openly: Have regular conversations with your child about their screen time and online activities.

Find a balance: Encourage a healthy balance between screen time and other activities, such as outdoor play, hobbies, and family time.
Celebrate successes: Recognize and celebrate your child's achievements in managing their screen time.

Remember:

This tracker is a tool to help you and your child develop a healthy relationship with technology. Use it as a guide, be flexible, and adjust it as needed to fit your family's unique needs and circumstances.