

FREE PRINTABLE · HABITS

Screen-Time Tracker

Log it by hand for two weeks and the number stops being abstract.

FORTNIGHT STARTING

DAILY LIMIT I AM AIMING FOR

THE APP I WANT TO CUT

DAY	TOTAL SCREEN TIME	BIGGEST APP	TIME ON IT	PHONE-FREE HOURS	UNDER LIMIT
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

The swap

Cutting screen time only works if something replaces it. Name the replacement before you start.

INSTEAD OF	I WILL
Morning scroll	
Lunchtime scroll	
Evening scroll	
In-bed scroll	