

# 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    |        |