

## BE SCREEN SMART

Keep track of how much screen time you have had for at least 3 days. You can keep track of more than 3 days. Turn in this form with your full name and teacher/grade on it by May 14<sup>th</sup> to be entered for a prize.

NAME: \_\_\_\_\_

TEACHER/GRADE: \_\_\_\_\_

Day of the week	<b>TIME</b> , to the minute Example: 1 hour 6 minutes	Type of <b>SCREEN</b> /media (TV, computer, iPad, xbox, cell phone, etc.)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## BE SCREEN SMART

Keep track of how much screen time you have had for at least 3 days. You can keep track of more than 3 days. Turn in this form with your full name and teacher/grade on it by May 14<sup>th</sup> to be entered for a prize.

NAME: \_\_\_\_\_

TEACHER/GRADE: \_\_\_\_\_

Day of the week	<b>TIME</b> , to the minute Example: 1 hour 6 minutes	Type of <b>SCREEN</b> /media (TV, computer, iPad, xbox, cell phone, etc.)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		