

# Weekly Screen Time & Study Time Tracker

Fill in together as a family — a conversation starter, not a surveillance log.

Child's Name: \_\_\_\_\_ Week Of: \_\_\_\_\_

| Day | Study-Screen Time | Leisure-Screen Time | What Worked / Didn't |
|-----|-------------------|---------------------|----------------------|
| Mon |                   |                     |                      |
| Tue |                   |                     |                      |
| Wed |                   |                     |                      |
| Thu |                   |                     |                      |
| Fri |                   |                     |                      |
| Sat |                   |                     |                      |
| Sun |                   |                     |                      |

## End-of-Week Check-In (Parent and Child, Together)

What felt balanced this week?

What's one adjustment to try next week?

Notes: \_\_\_\_\_