



Screen Time Tracking Chart

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

Track Your Child's Screen Time

- Post the chart in a convenient location, such as near the television or computer.
- Write in the minutes/hours your child spends on each type of screen daily.
- Add the total in the "Total Hours Per Day" column at the end of each day.
- At the end of each week, add up the "Total Hours Per Day" column to determine the weekly total. Place the amount in the "Total Hours Per Week" row.

's Screen Time Tracking Chart

Starting Date:

Day	Television	Movies	Video Games	Cell Phones	Computer/ Internet	Total Hours Per Day
Monday						<input type="text"/>
Tuesday						<input type="text"/>
Wednesday						<input type="text"/>
Thursday						<input type="text"/>
Friday						<input type="text"/>
Saturday						<input type="text"/>
Sunday						<input type="text"/>



You can help your child be healthy!

Closely monitor screen time and encourage physical activity!

**Total Hours
Per Week**