

Digital Wellbeing – Screen Time Check-In

1. Track Your Screen Time

Record the time you spend on different devices or apps throughout the day.

Time of Day	Device/App Used	Purpose (e.g., work, social, gaming)	Duration

Journal Prompt

How do I feel after using my devices?

Set Your Digital Wellbeing Goals

Consider how you would like to improve your screen habits. Write down three realistic goals.

 Goal 1:

 Goal 2:

 Goal 3:

Reflection:

What's one small change I can make today to feel better about my screen use?
