

Weekly Screen Time Reflection

Take a few minutes to check in with yourself honestly — no judgment, just awareness.

This Week, I Averaged _____ Per Day On My Device.

High Point

A Screen Moment I Felt Good About This Week...

Low Point

A Screen Moment I Wish Had Gone Differently...

QUANTITY CHECK

How Do I Feel About How Much Time I Spent On My Device This Week?



Too Much



About Right



Good

QUALITY CHECK

How Do I Feel About How I Spent That Time On My Device This Week?



Not Great



Mixed



Intentional

Next Week's Goal

One Thing I Want To Do Differently With My Screen Time Next Week:

