$\qquad$
cue

|  | Cell Phone | TV | Computer | Video Games |
| :---: | :--- | :--- | :--- | :--- |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

total screen time this week:

Ways I can
reduce screen
time next week:

