

Exercise: Recording screen time

To help you to track how many hours your child spends using screens & devices, it can be helpful to **keep a log** for a week. using the table below.

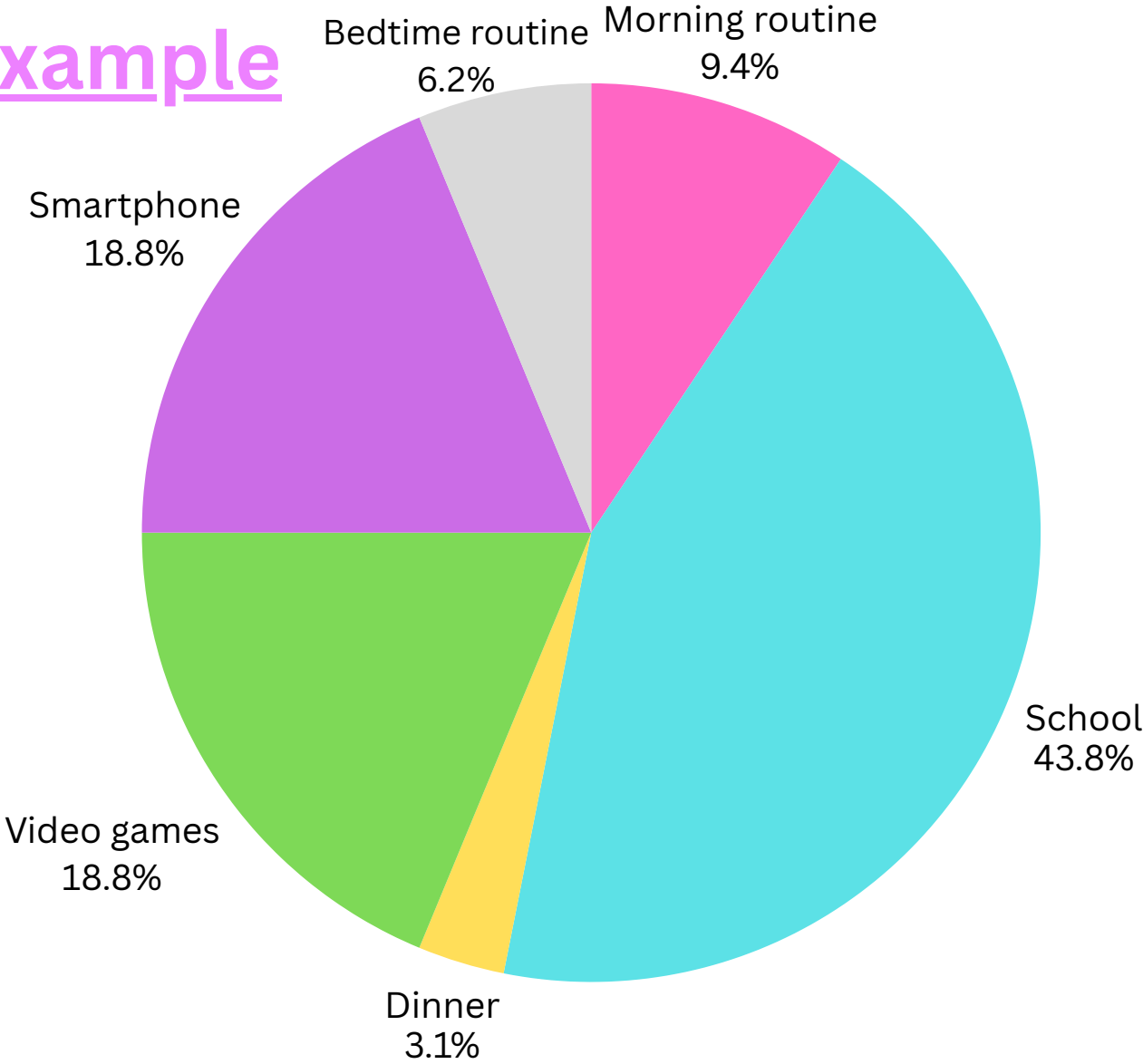
You can then **draw in the pie chart** using your best guesses how much of their waking time is spent doing different activities on a given day.

Questions to ask yourself and your child: 1. Are you happy with how this looks? 2. Is your child happy with how they look? 3. How would you like them to look? 4. What changes do you want to make so they look differently?

Example

	Tablet	TV	Smart phone	Games console	Virtual reality headset
Monday	1	0.5	2	3	0
Tuesday	0	0	3	3	0
Wednesday	0	1	3	3	0
Thursday	0	0	2	2	0
Friday	1	0.5	3	4	1
Saturday	0	2	4	4	1
Sunday	0	1	3	3	1

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Monday					
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