	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV							
Start Time							
Finish Time							
Total Time							
Computer							
Start Time							
Finish Time							
Total Time							
Video Games							
Start Time							
Finish Time							
Total Time							
Cell Phone							
Start Time							
Finish Time							
Total Time							
Actual Daily Total							
Bonus time							
Time allowed on screens each day							
Did you stick to your screen time allowance?							