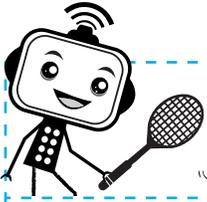


Appendix B: Student Screen Log for Screen Smart Week

Each student reports the number of hours of screen time in a 24-hour day.

We invite family members to join the activity!

Student Name _____



| SCREEN SMART DAY 1 | TIME OF DAY | STUDENT | | FAMILY MEMBERS RECORD | | | |
|--------------------------------------|---|--------------|-------|-----------------------|-------|-------|-------|
| | | STUDENT NAME | NAME | NAME | NAME | NAME | |
| NUMBER OF SCREEN HOURS / TIME OF DAY | | | | | | | |
| Monday | All day (estimate from Lifestyle Pie Chart) | _____ | _____ | _____ | _____ | _____ | _____ |
| Tuesday | Before School (morning) | _____ | _____ | _____ | _____ | _____ | _____ |
| | After School until Dinnertime | _____ | _____ | _____ | _____ | _____ | _____ |
| | After Dinnertime until Bedtime | _____ | _____ | _____ | _____ | _____ | _____ |
| | TOTAL FOR TUESDAY | _____ | _____ | _____ | _____ | _____ | _____ |
| Wednesday | Before School (morning) | _____ | _____ | _____ | _____ | _____ | _____ |
| | After School until Dinnertime | _____ | _____ | _____ | _____ | _____ | _____ |
| | After Dinnertime until Bedtime | _____ | _____ | _____ | _____ | _____ | _____ |
| | TOTAL FOR WEDNESDAY | _____ | _____ | _____ | _____ | _____ | _____ |
| Thursday | Before School (morning) | _____ | _____ | _____ | _____ | _____ | _____ |
| | After School until Dinnertime | _____ | _____ | _____ | _____ | _____ | _____ |
| | After Dinnertime until Bedtime | _____ | _____ | _____ | _____ | _____ | _____ |
| | TOTAL FOR THURSDAY | _____ | _____ | _____ | _____ | _____ | _____ |

Adult initial: _____

