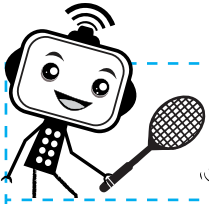


Appendix B: Student Screen Log for Screen Smart Week

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: _____

