

# Media Diary

Keep track of how much time you spend with TV shows, video games, on the computer, on a phone, etc.  
**Place a sticker on each day you spent less than 2 hours using screens.**

Discussion points:

- Why and how did you choose to watch these programs/games? What were the options you had to choose from and how did you make the decision?
- Thinking about each of these TV shows/movies/games -- did you enjoy it? How did they make you feel (Happy? Scared? Angry? Bored?)?
- Was it a good use of time?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!

# Media Diary

Keep track of how much time you spend with TV shows, video games, on the computer, on a phone, etc.  
**Place a sticker on each day you spent less than 2 hours using screens.**

Discussion points:

- Why and how did you choose to watch these programs/games? What were the options you had to choose from and how did you make the decision?
- Thinking about each of these TV shows/movies/games -- did you enjoy it? How did they make you feel (Happy? Scared? Angry? Bored?)?
- Was it a good use of time?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:	Time: Content:
Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!	Place a sticker here if today you spent 2 hours or less with screens!