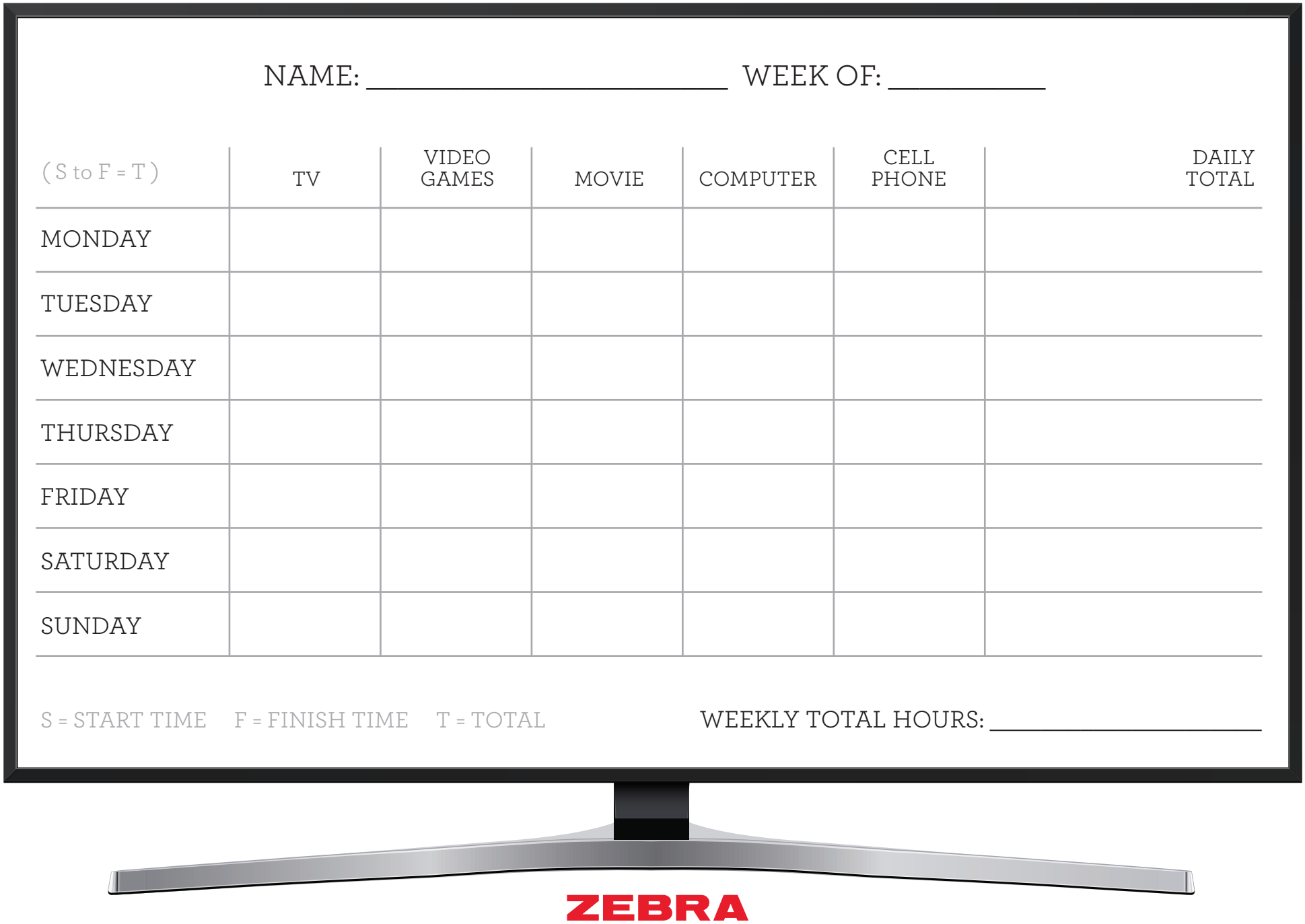
SUMMER SCREEN TIME TRACKER

NAME: _____ WEEK OF: _____

(S to F = T)	TV	VIDEO GAMES	MOVIE	COMPUTER	CELL PHONE	DAILY TOTAL
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

S = START TIME F = FINISH TIME T = TOTAL

WEEKLY TOTAL HOURS: _____