

Screen Time Transition Tracker

Track screen time, celebrate alternatives, and reflect together as a family



Child's name: _____ Week of: _____ Age: _____

MON

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

TUE

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

WED

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

THU

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

FRI

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

SAT

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

SUN

Screen time today:

_____ / _____
hours / mins

Instead I/we...

- Read / books
- Draw / create
- Move / play
- Go outside
- Board games

Other: _____

Mood / energy:

Meh Good Great!

Notes:

■ Our Goal This Week

Daily limit: _____ hrs/day

Weekly total: _____ hrs

Why this goal matters to us:

■ If We Hit Our Goal...

Our reward will be:

How we'll celebrate:

■ End-of-Week Reflection

What went well?

What was hardest?