

TIME USE INVENTORY

Use this Time Inventory to see how many hours you spend using media.

Track 3 week days and one weekend day so you can see the whole picture of your time use.

For each day write down what activity you are participating in during that time (i.e. commuting, going to school, bedtime routine, sleep, TV, computer...)

When you are done tracking review your time.

Identify all the media use times and color them **red**. How many hours a day/week are you engaging in screen time? Where can you cut down on your media use?

TIME	DATE:	DATE:	DATE:	Weekend Day
6:00am				
6:30 am				
7:00am				
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