

Name \_\_\_\_\_ Date \_\_\_\_\_

# My Total Weekly Screen Time

Directions: Tally up the hours you spend each week with the following screen time activities.

	TV	Videos/DVDs	Handheld Video Games	Video Game Consoles	Computer Time	Going to the Movies
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
<b>Totals:</b>						

Notes:

- My total screen time adds up to about \_\_\_\_\_ hours per week.
- Students in my class watch an average of \_\_\_\_\_ hours of TV per week.