



SCREEN TIME TRACKER



Track your daily screen time and build healthier digital habits.

DAY	HOURS PER DAY									TOP APP
	0	1	2	3	4	5	6	7	8+	
 SUN	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 MON	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 TUE	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 WED	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 THU	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 FRI	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 SAT	☐	☐	☐	☐	☐	☐	☐	☐	☐	



DAILY GOAL

Set your target hours per day.

SUN



HOURS

MON



HOURS

TUE



HOURS

WED



HOURS

THU



HOURS

FRI



HOURS

SAT



HOURS