Screen Audit Form

To Use: Every time you are on a screen, note the date, how much time was spent, which screen you used (circle if it's listed; write it in if it's not), circle the purpose for the use, and add any notes you have on the experience. Use one line per experience, not per day. Print as many sheets as you need. At the end of the week, total the amount of time.

Date	Time Spent	Which screen?	What Purpose? Gaming Viewing Work/Study Hobby Other	Notes
		phone computer tablet	Gaming Viewing Work/Study Hobby Other	