

Screen Free Challenge Record Sheet

Day	Week 1 Hours (initial average usage)	Week 2 Hours (hoping for decreases!)	Week 3 Hours (any more decreases?!)	Week 4 Hours
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total Hours	A	B	C	D
Percentage Decreased		E (B/A x 100)	F (C/A x 100)	G (D/A x 100)

Total Percentage of Change: $(E + F + G / 3)$: _____

Rules:

Week One July 3rd – 9th: Each day keep track of the amount of time you spend in front of a screen. Screen time constitutes as any hours or minutes spent on a phone, computer, iPod, iPad, television, Xbox, video game, hand-held device, etc. At the end of the week total the hours (hours from Sunday-Saturday all added together and placed in box A).

Week Two July 10th - 16th: Continue to track your hours of screen use each day. At the end of the week record your total screen time. In order to calculate the change in screen time take column B and divide it by column A then multiple that by 100. (I.e.: 20 hours of total screen time week 1 and 10 hours of total screen time week 2 would look like $10/20 = .5 \times 100 = 50\%$ decreased).

Week Three July 17th- 23rd: Continue the same recording as in week two. To find the total change divide column A and C $(C/A \times 100)$.

Week Four July 24th- 30th: Continue the same recording as in week two. To find the total change divide column A and D $(D/A \times 100)$.