



Petal & Paper

YOUR FREE PRINTABLE

Kids screen time tracker



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S C R E E N T I M E

screen tracker

Daily limits and rules

Weekday limit: ____ hours Weekend limit: ____ hours
Allowed after: homework ☐ outdoor time ☐
chores ☐
Screens off: ____ pm on school nights
Devices covered: phone ☐ tablet ☐ TV ☐ games ☐

Thursday to Sunday

Thu: Total ____hrs Device ____ Within limit: ☐
Fri: Total ____hrs Device ____ Within limit: ☐
Sat: Total ____hrs Device ____ Within limit: ☐
Sun: Total ____hrs Device ____ Within limit: ☐

Monday to Wednesday

Mon: Total ____hrs Device ____ Activity ____
Within limit: ☐
Tue: Total ____hrs Device ____ Activity ____
Within limit: ☐
Wed: Total ____hrs Device ____ Activity ____
Within limit: ☐

Weekly summary and offline activities

Total screen time: ____hrs Limit: ____hrs
Times over limit: ____ Handled by: _____
Offline activities this week: _____
Review conversation: _____