

Weekly Screen Time Tracker

Week of: _____

Day	Educational	Entertainment	Video Chat	Total	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Weekly Reflection

What worked well this week?

What was challenging?

What will we try differently next week?

Remember: Progress, not perfection. Small changes add up!

Screen-Free Alternatives Menu

Rainy Day

- Build a blanket fort
- Indoor scavenger hunt
- Board game
- Bake together
- Craft time

15 Minutes or Less

- Read one chapter
- Dance party
- Stretch
- Color
- Puzzle

Outdoor Play

- Nature walk
- Ride bikes
- Sidewalk chalk
- Playground
- Water play

Quiet Time

- Read
- LEGO
- Journal
- Audiobook
- Play-Doh

Creative Corner

- Paint
- Origami
- Greeting cards
- Story writing
- Build with recyclables

Get Moving

- Family yoga
- Jump rope
- Simon Says
- Obstacle course
- Balloon volleyball

Helpers at Home

- Water plants
- Fold towels
- Set the table
- Feed pets
- Bake muffins

Learn & Explore

- Science experiment
- Cloud watching
- Library visit

- Bird watching
- Learn a new fact

Mix, match, and make it your own! *The goal isn't to eliminate screens—it's to create balance and leave room for connection, creativity, and play.*