

My Media Choices Tracker

NAME _____

DATE _____

Directions

Use the chart below to track the media choices you make throughout a week. Can't remember? It's OK to guess!

What media did you use?	When, and what time of day?	How much?
Example: <i>I watched cat videos on YouTube.</i>	Example: <i>On Monday, before school</i>	Example: <i>20 minutes</i>



MEDIA BALANCE & WELL-BEING

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