

Reflecting on My Media

NAME _____

DATE _____

Directions:

Review all the media choices from your My Media Choice Tracker. Use what you wrote to answer the five questions below.

1. What was the **most healthy** media choice you made last week? Copy the *What? When? How Much?* for that choice below.

2. Why was that your **most healthy** media choice?

3. What was the **least healthy** media choice you made last week? Copy the *What? When? How Much?* for that choice below.

4. Why was that your **least healthy** media choice?



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5. What is one healthy media choice you plan to make next week?



MEDIA BALANCE & WELL-BEING

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