



# Screen-Free Challenge Tracker

**Directions:** The goal is to reduce your screen time and increase your screen-free activities over two weeks. Each day, list two screen-free activities you completed and your [total screen time](#). (Use the [Screen-Free Activities handout](#) for screen-free ideas.)

WEEK		MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1	Screen-Free Activity							
	Screen-Free Activity							
	Screen Time							
Week 2	Screen-Free Activity							
	Screen-Free Activity							
	Screen Time							

Name \_\_\_\_\_

Department \_\_\_\_\_