

The Screen Time Audit

You cannot change what you have not measured. One honest week.

For seven days, jot down every screen session: roughly when, roughly how long, and what was happening just before it started (the trigger). No guilt, no rounding down. At the end of the week, look for the patterns, not the total.

DAY	SESSIONS (when / how long)	TRIGGERS (what came just before?)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

End of week: three questions

- Which trigger appeared most often? (Cooking dinner? The car? Your own phone?)
- Which single session would be easiest to replace with something from the Activity Cards?
- What surprised you?