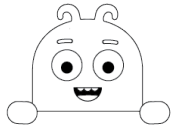


NAME \_\_\_\_\_

DATE \_\_\_\_\_

# My Media Choices Tracker 🎮



## 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 watched cat videos on YouTube.	Example: On Monday, before school	Example: 20 minutes



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

[commonsense.org/education](https://commonsense.org/education)

Shareable with attribution for noncommercial use. Remixing is permitted.

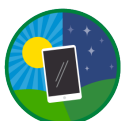


# My Media Choices Tracker

NAME \_\_\_\_\_

DATE \_\_\_\_\_

What media did you use?	When, and what time of day?	How much?



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.

[commonsense.org/education](https://commonsense.org/education)

Shareable with attribution for noncommercial use. Remixing is permitted.

