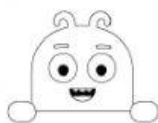


# My Media Choices Tracker

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?
<b>Example:</b> <i>I watched cat videos on YouTube.</i>	<b>Example:</b> <i>On Monday, before school</i>	<b>Example:</b> <i>20 minutes</i>



MEDIA BALANCE & WELL-BEING

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# My Media Choices Tracker

NAME \_\_\_\_\_

DATE \_\_\_\_\_

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



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2