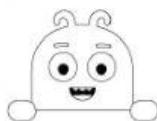


My Media Choices Tracker **Directions**

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



MEDIA BALANCE & WELL-BEING
We find balance
in our digital lives.

commonsense.org/education
Shareable with attribution for noncommercial use. Remixing is permitted.



1

 **LIVEWORKSHEETS**

My Media Choices Tracker

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
Shareable with attribution for noncommercial use. Remixing is permitted.



2

LIVE **LIVEWORKSHEETS**