

## THE MEDIA DIARY

<i>Day of week</i>	<i>Time spent watching TV</i>	<i>Time spent playing computer games</i>	<i>Total screen time</i>
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total			

**To check out your starting point, fill in The Media Diary. See Chapter 3 of The Media Diet for Kids**

