Screen time self-audit worksheet

Fifteen honest minutes. Open your phone's screen time report, copy the real numbers, and see what your evenings actually cost.

THE RAW NUMBERS (FROM YOUR SCREEN TIME REPORT)

App	Daily average	Mostly when?	Worth it? (yes / no / partly)

THE EVENING SLICE

Screen time after 9 pm (most nights) _____

Usual bedtime intended _____

Usual bedtime actual _____

THE TRADE

Multiply your nightly scroll time by seven. That's your weekly total. Now write what you'd trade it for if it came back as free time:

Weekly evening scroll total _____

What I'd rather do with it _____

ONE HONEST SENTENCE

Finish this sentence: "The app that costs me the most is ..., and what it mostly gives me back is ..."

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