

# 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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