

Digital Wellness Worksheet



This tool is designed to help your family reflect on your digital habits and create a healthier relationship with screens. By working through this worksheet, you'll gain insights into your screen time and take steps towards a more balanced digital lifestyle. Let's get started!

I. SCREEN TIME TRACKING

- Track your family's screen time for ONE day then write down how many hours your family spent on screens for that ONE day:

Our family spent. _____ hours on screens in ONE DAY

- Write down what your family used their screens for (e.g play games, connect, work etc.)

II. REFLECTION

- Are screens mostly used for leisure or productive activities in your family?

- What time of the day are screens mostly used in your family?

- Are there any particular screens or devices that your family members have trouble putting down?

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II. REFLECTION continued..

- How do screens impact your family's daily life?

- What are the BENEFITS of reducing screen time for your family?

- What are the CHALLENGES of reducing screen time for your family?

III. SETTING GOALS

- Based on section I., set a realistic goal for by how much you want to reduce screen time in your family (e.g 1 hr a day, 2 hours a day, no screen time on Sundays etc.)

- Identify a specific time frame for achieving this goal.

We will achieve this by.. Month: _____ Date: _____ Year: _____

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III. SETTING GOALS continued..

- Brainstorm with your family a list of alternative activities that your family can do instead of using screens (e.g., playing board games, going for a walk, reading a book).

IV. ACTION PLAN

- Set clear rules and boundaries around screen time (e.g., no screens during mealtimes, no screens before bed).

- What challenges do you think will occur when you implement these rules and what strategies will you use to overcome them? (e.g loss of priveleges if rules are broken etc.)

- What outdoor and physical activities will you do more of that don't involve screens?

- What changes will YOU make to model good screen time habits for your family?

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V. EVALUATE AND ADJUST - after 1 month of consistent implementation

- After implementing your screen time reduction strategies, how have things changed for your family?

- What benefits have you experienced from reducing screen time?

- Identify any challenges or setbacks that you encountered and brainstorm solutions as a family for overcoming them.

- What will you adjust and improve in your action plan to continue improving your family's screen time habits moving forward?

Remember, reducing screen time is a journey, and it won't happen overnight. Use this worksheet as a tool to help your family take small steps toward healthier screen time habits.