

TECHNOLOGY

TIME TRACKER

Track the time you spend using technology throughout the week. This can be as little as a few minutes, or up to hours of usage. Keep track of it all.

	WORK/SCHOOL	SHOPPING/GAMES	TV/STREAMING	SOCIAL MEDIA	LIVE TALK	TEXT
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
TOTAL →						

WHAT WOULD JESUS DO?

WEEKLY TOTAL
ADD ALL YOUR TIME ON
TECH. FOR THE WEEK