

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

### WHAT WOULD JESUS DO?

**WEEKLY TOTAL**

ADD ALL YOUR TIME ON  
TECH. FOR THE WEEK