

Screen time diary – Complete the diary below for your child (parents) or for children under your care (educators) for a typical week by filling in the times that they engage with electronic media. You can also include other important parts of their daily schedule, such as sleep, meals, active play, learning time, family time, organised activities, cultural activities, and anything else that you consider important.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							
21:00							

Screen time diary – Here is an example completed for a child. In the next example, you will see a version that has been modified after goals have been set to make changes in the weekly schedule.

	Home day	Childcare day	Childcare day	Home day	Childcare day		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	TV	TV	TV	TV	TV	TV	TV
7:00	TV - Breakfast	TV - Breakfast	TV - Breakfast	TV - Breakfast	TV - Breakfast	TV - Breakfast	TV - Breakfast
8:00	TV	TV			TV		TV
9:00							
10:00							
11:00	TV - lunch	TV - lunch			TV - lunch		TV - lunch
12:00							
13:00							
14:00	Tablet - apps	Tablet - apps			Tablet - apps		Tablet - apps
15:00							
16:00							
17:00	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made
18:00	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner
19:00						TV	TV
20:00							
21:00							

Screen time diary – Here is an example completed for a child that has been modified after goals have been set to make changes in the weekly schedule. Goal - *To prepare non-screen-based play activities (e.g., blocks, drawing, toys, etc) on Monday and Tuesday night, so that my child has a screen-free morning before childcare/preschool and doesn't eat breakfast in front of the television on Tuesday and Wednesday next week.*

	Home day	Childcare day	Childcare day	Home day	Childcare day		
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	TV	TV	Play activities	Play activities	TV	TV	TV
7:00	TV - Breakfast	TV - Breakfast	Breakfast Play activities	Breakfast Play activities	TV - Breakfast	TV - Breakfast	TV - Breakfast
8:00	TV	TV			TV		TV
9:00							
10:00							
11:00	TV - lunch	TV - lunch			TV - lunch		TV - lunch
12:00							
13:00							
14:00	Tablet - apps	Tablet - apps			Tablet - apps		Tablet - apps
15:00							
16:00							
17:00	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made	TV - so dinner can be made
18:00	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner	TV - during dinner
19:00						TV	TV
20:00		Organise play activities	Organise play activities				
21:00							