CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Reducing Screen Time

Reducing screen time improves mental health, sleep, and productivity. Use this checklist to manage your screen habits effectively.

10 steps | Print-ready A4



NAME _____ START _____ TARGET DATE _____

1 Set Daily Limits

Define how many hours you want to spend on screens and stick to it for better balance.

EXAMPLE *No more than 2 hours of leisure screen time or 1 hour of social media daily.*

2 Use Time-Tracking Apps

Monitor your usage with apps like Screen Time or Digital Wellbeing to identify habits.

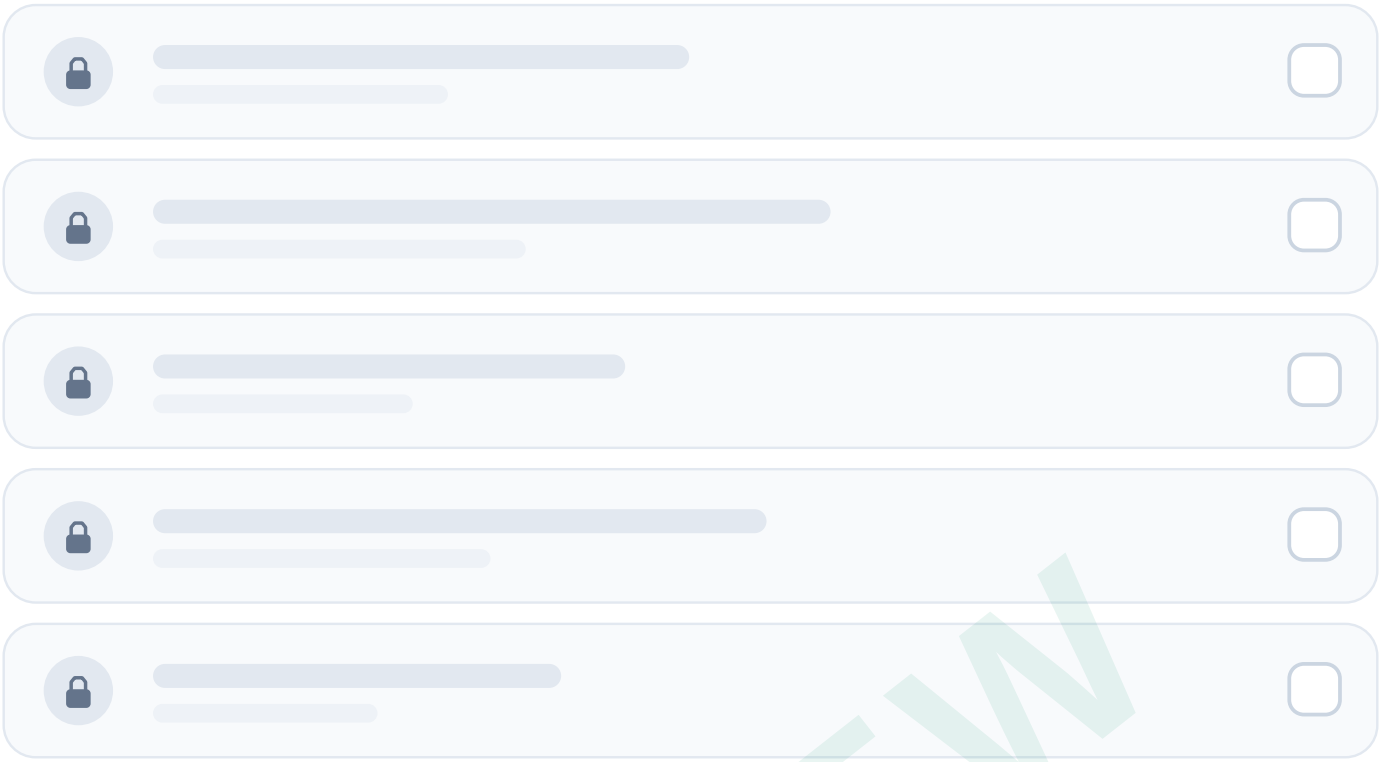
TIP *Set app-specific limits to focus on reducing the most time-consuming activities.*

3 Schedule Screen-Free Blocks

Designate certain hours as screen-free zones to create boundaries.

EXAMPLE *No screens after 8 PM or during meals to improve mindfulness.*

PREVIEW



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