Week One Chart – (Record 5 days of technology usage)

|  |  |  |
| --- | --- | --- |
| Day | Hours of Usage | How do you feel? |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |

Week Two Chart – (Record 5 days of different technology usage)

|  |  |  |
| --- | --- | --- |
| Day | Hours of Usage | How do you feel? |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |
|  |  | Quantitative:  Qualitative: |