

Your week. Your screen time goals.

No name or email needed. Set manageable goals, then review your week.

Week starting: _____

Date	Social media goal	Gaming goal	Reviewed
Day 1	_____	_____	☐
Day 2	_____	_____	☐
Day 3	_____	_____	☐
Day 4	_____	_____	☐
Day 5	_____	_____	☐
Day 6	_____	_____	☐
Day 7	_____	_____	☐

Example goals: 0, 1, 2, 3, 4 or 5 hours, or unlimited.

A simple weekly routine

1. Choose goals that fit each day of your routine.
2. Keep the sheet where it can remind you of your plan.
3. Tick the days you reviewed and adjust next week's goals.

This worksheet records goals you choose. It does not measure usage or block apps.

Use the web worksheet in 17 languages

<https://aura-ip.jp/kyndrava/weekly-goals/en/>

