



SCREEN TIME TRACKER



DAY	SOCIALS	ENTERTAINMENT	MY MOOD	REFLECTION
SUNDAY			😬 😐 😞	<i>FIRST DAY IS ALWAYS ROUGH!</i>
MONDAY			😬 😐 😞	
TUESDAY			😬 😐 😞	
WEDNESDAY			😬 😐 😞	<i>HUMP DAYYYYY - YOU GOT THIS!</i>
THURSDAY			😬 😐 😞	
FRIDAY			😬 😐 😞	<i>GOING STRONG INTO THE WEEKEND</i>
SATURDAY			😬 😐 😞	