
Screen Time Reality Check

WHAT YOU THINK VS. WHAT'S REAL

Created by Alana Winnick, author of The Digital Wellness Age (forthcoming)

DO NOW

1. If I had an extra hour every day, I would spend it _____.
2. Don't look at your phone; write down your best guesses in the column on the left. Do not go any farther. **Flip this paper over and wait for instructions.**
3. Watch Dino Ambrosi's TEDx Talk, [The Battle for Your Time](#). Fair warning: it may completely change the way you think about your screen-time number.
4. Open your Screen Time (iPhone) or Digital Wellbeing (Android) in settings and fill in the reality column.

Category	My Guess	Reality (Weekly Average)
Total Daily Screen Time		
Top App #1		
Top App #2		
Top App #3		
Phone Pickups Per Day		

THE GAP

How far off were you? Pretty close | A little off | Way off | I don't want to talk about it

THE BIG PICTURE

Head to alanawinnick.com/digitalwellness to see what your screen time adds up to over a lifetime.

At my current rate, I'll spend _____ years of my life on screens.

WHAT SURPRISED YOU MOST?

ONE THING I'M CHANGING THIS WEEK
