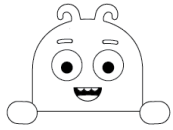


NAME _____

DATE _____

My Media Choices Tracker



Directions

Use the chart below to track the media choices you make throughout a week. Can't remember? It's OK to guess!

What media did you use?	When, and what time of day?	How much?
Example: I watched cat videos on YouTube.	Example: On Monday, before school	Example: 20 minutes



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My Media Choices Tracker

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What media did you use?	When, and what time of day?	How much?



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