

BIBLICAL KNOWLEDGE

BEHAVIOR/WORLDVIEW

EXPERIENCE

RELATIONSHIPS

SPIRITUAL PRACTICES

TECHNOLOGY

TIME TRACKER

Have your parents help you track the time you spend using technology throughout the week. This can be as little as a few minutes, or up to hours of usage. Keep track of it all.



	SCHOOL	GAMES	TU/STREAMING	SOCIAL MEDIA	LIVE TALK	TEXT
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
TOTAL →						

WHAT WOULD JESUS DO?

WEEKLY TOTAL

ADD ALL YOUR TIME ON TECH. FOR THE WEEK