

# Screen time

1. Write down your average screen time per day from last week
2. Identify your top 3-5 most used apps
3. Write them on the post it notes
4. Write your intention for why you use each app on the post it



Write out your top 3 college goals and activities you can do to achieve those goals in the spaces below

Goal 1:

Goal 2:

Goal 3:

Activities to achieve this goal:

Activities to achieve this goal:

Activities to achieve this goal: