

# My Parents' Screen Time

Day	Amount of time	Description
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Screens and My Sleep Quality

Day	Number of minutes between screen time and bedtime	My sleep quality (1 to 4)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# How I Spend My Playtime

	Physical play	Social play	Free play	Creative play	Digital play	Total
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total						

# My Ideal Play Diet

Type of play	Activity I'd choose	How long I'd do it
Physical play (exercise, sports, movement)		
Social play (peers, talking, family time, socializing)		
Free play (no rules or expectations, relaxing)		
Creative play (art, reading, cooking, drawing)		
Digital play (video games, tech, social media, internet)		

# My Exercise Record

Week number: \_\_\_\_\_ Type of exercise: \_\_\_\_\_

	Amount of time
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

# Conversation about Gaming

What do you think has been the best thing to happen to us as a group due to playing video games together?

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How has playing video games together impacted our friendship?

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What have we learned from each other by playing video games together?

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How might our history of playing games together as teenagers impact our future friendship?

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What are the drawbacks of spending some of our time playing video games together?

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