

# THE DIGITAL RESET: STUDENT SCREEN TIME TRACKER

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**"Control your screens, unlock your potential."**

## **STEP 1: SET YOUR DAILY COGNITIVE LIMITS**

Before you open any digital device today, define your boundaries clearly:

- Essential Academic Screen Time Target: \_\_\_\_\_ Hours
- Non-Academic or Entertainment Screen Limit: \_\_\_\_\_ Hours
- My Static No-Screen Sleep Buffer: 1 Hour Before Bed (Yes / No)

## **STEP 2: DAILY TIME-BLOCKING MATRIX**

Fill this matrix every evening to spot your digital triggers and time leakages.

Day	Academic Screen Hours	Social / Entertainment Hours	Main Digital Trigger (Boredom or Stress?)	Deep Focus Study Blocks Done (Pomodoros)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



### STEP 3: THE FOCUS SCORECARD

At the end of the week, answer these 3 essential questions for self-review:

1. Did my physical workspace keep my phone completely out of my direct line of sight?

Answer (Yes / No): \_\_\_\_\_

2. Which specific application caused my biggest time leakage this week?

Answer: \_\_\_\_\_

3. My average sleep quality score this week on a scale of 1 to 10:

Answer: \_\_\_\_\_ / 10

💡 Quick Habit Loop Shift: Next week, if I feel the strong urge to scroll out of pure boredom, I will immediately replace that moment with 15 minutes of paper journaling or walking outdoors.

Thank you for taking control of your digital wellness. For more tips on lifestyle organization, productivity, and home wellness, visit [elevatedlifestylehome.com](https://elevatedlifestylehome.com).

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