

Behavioural Monitoring Sheet

Time	What differences do you notice in your mood & behaviour?	How difficult is it not to reach for your phone? 1 (easy)-10 (hard)	What alternative activities are you doing?	What realisations have you made about your phone use?

Conclusions

Actions Plan for the Future - Will you reduce your screen time? How will you do this? How will you address any feelings or concerns that arose whilst spending time away from your device?