



*my*PHONE
TRACKER



MOMENTOUS
INSTITUTE

Est. by Salesmanship Club of Dallas

START HERE!

WHAT IS THE *my*PHONE TRACKER?

This tracker is a week-long challenge to help you track your phone usage.

WHY SHOULD I USE THIS TRACKER?

We all use our phones for so many different things every day. This results in using phones A LOT! Phones can even start to feel like a sort of lifeline, rather than a tool, and that can end up negatively impacting our mental health. A great way to make sure we are using phones in a healthy, helpful way is to be mindful about how we use our phones. This tracker is a tool to help you be more mindful about your phone!

HOW DO I USE THE *my*PHONE TRACKER?

Every day for one week, fill out a page of the tracker to record on how you used your phone. At the end of the week, reflect on what you learned while using the tracker.

Color in the squares to represent how much time you spent using your phone.

Write about how you used your phone to have a meaningful interaction with someone. This could be texts, a phone call, or even connecting on social media. Be sure to think about why it was meaningful.

Think about the times you used your phone today, how did you feel after using your phone? Happy, annoyed, drained, anxious, joyful? Why do you think you felt this way?

I spent this much time on my phone today.










hours												minutes		
1	2	3	4	5	6	7	8	9	10	11	12	15	30	45

Today I used my phone to have a meaningful interaction with my friend Finn.

We texted about art class and made plans to go to hang out this weekend.

When using my phone today, I felt...

Today I used my phone for...

 Calls	 Texts	 Internet
 Music	 TV / Movies	 Books
 Social Media	 Games	

Today I used my phone:

- Too Much
- Just Enough
- Not Enough

I want to use my phone:

- More
- The Same Amount
- Less

Color all that apply. You can use the blank space to add anything else you used your phone for today.

Bubble in your answers.

I spent this much time on my phone today.

hours

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

minutes

15	30	45
----	----	----

Today I used my phone to have a meaningful interaction with

_____.

We _____

_____.

Today I used my phone for...



Calls



Texts



Internet



Music



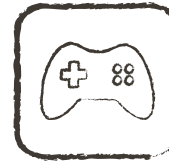
TV / Movies



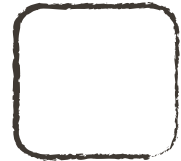
Books



Social Media



Games



When using my phone today, I felt...

Today I used my phone:

- Too Much
- Just Enough
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I want to use my phone:

- More
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- Less

TUESDAY

I spent this much time on my phone today.

hours

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

minutes

15	30	45
----	----	----

Today I used my phone to have a meaningful interaction with

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Today I used my phone for...



Calls



Texts



Internet



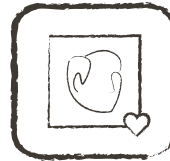
Music



TV / Movies



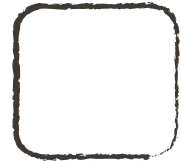
Books



Social Media



Games



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WEDNESDAY

I spent this much time on my phone today.

hours

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

minutes

15	30	45
----	----	----

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Today I used my phone for...



Calls



Texts



Internet



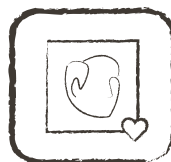
Music



TV / Movies



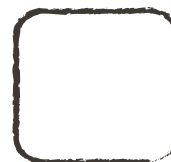
Books



Social Media



Games



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- Less

THURSDAY

I spent this much time on my phone today.

hours

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

minutes

15	30	45
----	----	----

Today I used my phone to have a meaningful interaction with

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We _____

_____.

Today I used my phone for...



Calls



Texts



Internet



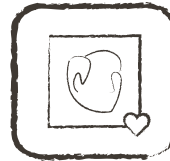
Music



TV / Movies



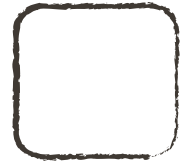
Books



Social Media



Games



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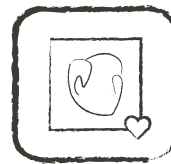
Music



TV / Movies



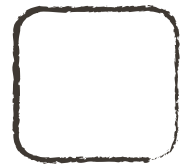
Books



Social Media



Games



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SATURDAY

I spent this much time on my phone today.

hours

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----

minutes

15	30	45
----	----	----

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_____.

We _____

_____.

Today I used my phone for...



Calls



Texts



Internet



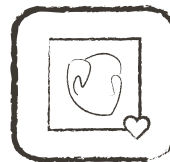
Music



TV / Movies



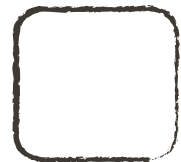
Books



Social Media



Games



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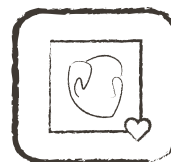
Music



TV / Movies



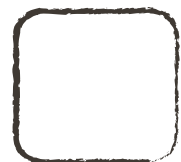
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What did you learn about how you use your phone?

What do you want to change about how you use your phone?

How did your phone usage positively impact your week?

How did your phone usage negatively impact your week?