

Table 8.1: Weekly plan for device use

	Device (not school or work devices)	Minutes used	Where you were	Time of day you used it	How important is it to you?	Are you willing to change this?
<i>Example</i>	<i>Gaming</i>	<i>60</i>	<i>Bedroom</i>	<i>7 pm</i>	<i>Very</i>	<i>No</i>
	<i>Phone/laptop/computer</i>	<i>120</i>	<i>Bedroom</i>	<i>9 pm to 1 am</i>	<i>Very</i>	<i>Maybe a bit</i>
	<i>TV</i>	<i>60</i>	<i>Main room</i>	<i>9 pm to 10 pm</i>	<i>Quite</i>	<i>Maybe</i>
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						