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**My Media Choices Tracker**

**Name: Date:**

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|  | Directions Use the chart below to track the media choices you make throughout a week. Can't remember? It's OK to guess! |

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| What media did you use? | When, and what time of day? | How much? |
| **Example**:**I watched cat videos on YouTube.** | **Example**:**On Monday, before school** | **Example**:**20 minutes** |
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