

The 20-20-20 Rule:

Every 20 minutes of screen time, look at something 20 feet away for 20 seconds. Check a box below each time.

WEEKLY SETUP

Name		Week of	
Screen Time Goal	hrs/day	Break Goal	#/day

DAILY BREAK TRACKER

Monday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18
Tuesday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18
Wednesday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18
Thursday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18
Friday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18
Saturday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18
Sunday				Date: _____	Screen hrs: _____	Eye strain: None / Mild / Bad											
#1	#2	#3	#4	#5	#6	#7	#8	#9	#10	#11	#12	#13	#14	#15	#16	#17	#18

WEEKLY SUMMARY

Total Breaks		Days Goal Met	
Avg Breaks/Day		Worst Day for Strain	

WHAT HELPED / WHAT TO CHANGE

Track your 20-20-20 breaks and screen time every day