

Touch The Grass — Screen Time Audit

How Intentional Is Your Screen Time?

This quick assessment will help you recognize your digital habits and identify where you may want more balance.

For each statement, choose:

0 — Never | 1 — Rarely | 2 — Sometimes | 3 — Often | 4 — Almost Always

Your Digital Habits

1. I pick up my phone without consciously deciding to.
2. I spend more time scrolling than I intended.
3. I check social media whenever I'm bored or have a few free minutes.
4. I have trouble stopping once I start scrolling.
5. I check my phone while studying, working, or doing homework.
6. Notifications regularly interrupt what I'm doing.
7. I find it difficult to concentrate without checking my phone.
8. I use my phone while talking or spending time with other people.
9. I stay up later than I planned because I'm on my phone.
10. My phone is one of the first things I check when I wake up.
11. I reach for my phone when I'm stressed, anxious, lonely, or uncomfortable.
12. I feel like I'm missing something when I'm offline.
13. What I see on social media sometimes affects how I feel about myself or my life.
14. I compare myself to people I see online.
15. I choose screen time over activities I used to enjoy.

16. I sometimes miss what's happening around me because I'm looking at my phone.
17. I override screen-time limits I've set for myself.
18. Certain apps feel difficult to stop using.
19. I underestimate how much time I spend on my phone.
20. I wish I spent less time on my phone or social media.

Your Score

TOTAL: ____ / 80

0-15 — Intentional: Your digital habits appear mostly balanced.

16-30 — Becoming Automatic: Some habits may be taking more of your attention than you realize.

31-50 — Habit-Driven: Your phone is regularly competing for your time, focus, and attention.

51-65 — High Digital Use: Digital habits may be affecting sleep, focus, relationships, or offline activities.

66-80 — Time for a Reset: Consider creating stronger boundaries and intentionally reclaiming some of your time.

This assessment is for self-reflection and is not a clinical or diagnostic tool.

Your Digital Snapshot

Average daily screen time: _____

Daily social media time: _____

Daily phone pickups: _____

My most-used app: _____

The app I most want to use less: _____

What's Triggering You?

I reach for my phone most when I'm:

- ☐ Bored
- ☐ Stressed
- ☐ Lonely
- ☐ Procrastinating
- ☐ Waiting
- ☐ In bed
- ☐ With friends
- ☐ Avoiding something

My biggest trigger: _____

Set One Goal

The digital habit I most want to change:

One phone-free time or place I'll create:

Something I'd rather do with that time:

Check Back in 30 Days

Starting Score: _____ / 80

30-Day Score: _____ / 80

Starting Screen Time: _____

30-Day Screen Time: _____

What changed?

I scroll: MORE / SAME / LESS

I sleep: BETTER / SAME / WORSE

I focus: BETTER / SAME / WORSE

I'm more present with others: YES / SOMEWHAT / NO

I feel more in control of my phone: YES / SOMEWHAT / NO

The biggest thing I gained by putting my phone down:

TOUCH THE GRASS

Know your habits. Reclaim your time. Live more offline.

LOOK UP. LOG OFF. GO LIVE.