

Screen Time Ledger

Borrow ten minutes today and tomorrow starts ten minutes shorter. Write it down and see the real cost before you borrow.



Apps I want to limit

My realistic daily allowance

Day	Allowance (min)	Minutes borrowed	Tomorrow's allowance	What I used it for
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

WHAT I NOTICED



Free iPhone app: Time Debt: Screen Time

An app blocker built on Apple's Screen Time system: borrow a controlled amount from tomorrow and see exactly what it costs before you confirm.

A habit aid, not a health or parenting recommendation.