



GROWN UPS

# My Media Snapshot



**Boston Children's**  
Digital Wellness Lab

**NAME**

**DATE**

**HOW I USE MY DEVICES**

What do I use my devices for most?

At home:

At work:

**WHAT I ENJOY**

What's something I genuinely value about being online? Why?

**WHEN IT FEELS LIKE TOO MUCH**

Is there anything about my own device use that bothers me or feels like too much?

**OFFLINE LIFE**

What's something I love doing, or wish I did more of, away from screens?

**TOGETHER OFFLINE**

What tech-free activities do I want to do more of with my family?

**ONE SMALL CHANGE**

What's one habit around my personal use of screens I'd like to be different?

**MODELING HEALTHY HABITS**

What screen habits do I want my child see me practice?

**WHAT I'D LIKE FROM MY FAMILY**

One thing I'd like us to do differently around screens:

**WHAT I'M WILLING TO TRY**

One thing I'm willing to change or try as a parent/caregiver: