Which days count?

A screen-time total can change simply because one week is unfinished. Compare the same days before deciding what changed.

Two fictional logs • About 10 minutes • No phones or personal figures needed

01 / MISSING DAYS

Did screen time fall by 100 minutes?

A fictional student sees 250 minutes in one school week and 150 so far in the next. A classmate says, “That’s 100 minutes less.” Both logs use the same device and category.

Day	Week A	Week B
Monday	40	30
Tuesday	60	75
Wednesday	50	45
Thursday	70	Not recorded
Friday	30	Not recorded

1. Which days have a value in both weeks?

2. Add only those days. What are the two totals?

3. Rewrite the classmate’s claim in one accurate sentence.

02 / RECORDED ZERO

Does zero mean missing?

Day	Week A	Week B
Friday	0	20
Saturday	30	Not recorded

Which day counts? State the change in minutes. Can it be expressed as a percentage of the starting value?

Reading the records

Use this page after learners have discussed the questions. No personal usage logs are needed.

01 / MISSING DAYS

The matched totals are equal.

Only Monday, Tuesday and Wednesday have entries in both weeks.

Week A: 40 + 60 + 50 = 150 minutes

Week B: 30 + 75 + 45 = 150 minutes

Accurate claim: “Across the three matching days, both weeks have the same total.” The records do not tell us how the full weeks compare. Equal totals also do not mean that every individual day was the same.

02 / RECORDED ZERO

Zero is an observation.

Friday counts: the log explicitly records zero minutes in Week A and 20 in Week B. Saturday is excluded because one entry is missing. Friday increased by 20 minutes. Percentage change from zero is undefined.

DISCUSSION

What could the same number of minutes mean for someone doing homework, talking to a friend or navigating home? A total does not tell us why a screen was used. The exercise neither sets a healthy limit nor measures wellbeing.

Reuse: You may print, copy, translate and adapt this original worksheet for classroom, community or family learning. Credit Honest Little Apps.

Honest Little Apps created this sheet and publishes the separate Time Debt iPhone app. No app is needed. This edition has no ads or store links.