

## Total Media Time (TMT) Tracker

**Total Media Time (TMT)** includes watching TV, movies, and online videos; playing video, computer, and mobile games; using social media; using the Internet; reading; and listening to music.

The purpose of the below TMT Tracker is to establish a baseline of you and your son's current media use. This will help both of you determine what areas you might need to reduce to spend your time more wisely!

Directions: Enter the amount of time you and your son spend on each media category using minutes and hours separated by a colon (:). For example, enter :30 for 30 minutes and 1:30 for one hour and 30 minutes.

Dad's Self-Estimate of Total Media Time	TIME	Dad's Estimate of Son's Total Media Time	TIME
Watching TV/DVDs/videos		Watching TV/DVDs/videos	
Playing video, computer, or mobile games		Listening to music	
Listening to music		Playing video, computer, or mobile games	
Reading		Using social media	
Using social media		Doing other activities on computer/mobile device	
Doing other activities on computer/mobile device		Browsing websites	
Browsing websites		Reading	
Video-chatting		Video-chatting	
Going to the movies		Going to the movies	
<b>Total Media Time</b>		<b>Total Media Time</b>	

Son's Self-Estimate of Total Media Time	TIME	Dads's Estimate of Son's Total Media Time	TIME
Watching TV/DVDs/videos		Watching TV/DVDs/videos	
Playing video, computer, or mobile games		Listening to music	
Listening to music		Playing video, computer, or mobile games	
Reading		Using social media	
Using social media		Doing other activities on computer/mobile device	
Doing other activities on computer/mobile device		Browsing websites	
Browsing websites		Reading	
Video-chatting		Video-chatting	
Going to the movies		Going to the movies	
<b>Total media</b>		<b>Total media</b>	

Take a few minutes to compare the estimated versus actual Total Media Time for both you and your son. Discuss the comparisons with your son!

Now, compare your son's actual TMT to the national average for his age group\* (Next Page)

TIME SPENT IN EACH MEDIA ACTIVITY: AVERAGE TIME SPENT PER DAY \*

Among Tweens	TIME	Among Teens	TIME
Watching TV/DVDs/videos	2:26	Watching TV/DVDs/videos	2:38
Playing video, computer, or mobile games	1:19	Listening to music	1:54
Listening to music	:51	Playing video, computer, or mobile games	1:21
Reading	:29	Using social media	1:11
Using social media	:16	Doing other activities on computer/mobile device	:32
Doing other activities on computer/mobile device	:13	Browsing websites	:36
Browsing websites	:12	Reading	:28
Video-chatting	:06	Video-chatting	:13
Going to the movies	:02	Going to the movies	:03
<b>Total media</b>	<b>5:55</b>	<b>Total media</b>	<b>8:56</b>

\*Rideout, V. (2015). *The common sense census: Media used by tweens and teens*.

Retrieved June 21, 2016, from

[https://www.commonsensemedia.org/sites/default/files/uploads/research/census\\_executivesummary.pdf](https://www.commonsensemedia.org/sites/default/files/uploads/research/census_executivesummary.pdf)