

Motivational Assessment Worksheet

Please list the **Physical Health Benefits & Drawbacks** of your current tech use.



Please list the **Mental Health Benefits & Drawbacks** of your current tech use.



Please list the **Social Health Benefits & Drawbacks** of your current tech use.



Motivational Assessment Worksheet

What are the healthy tech uses in your current tech diet?

What are the unhealthy (snack or toxic) tech uses that you do not like?

What healthy tech can you do more of and/or what snack or toxic tech can you do less of?