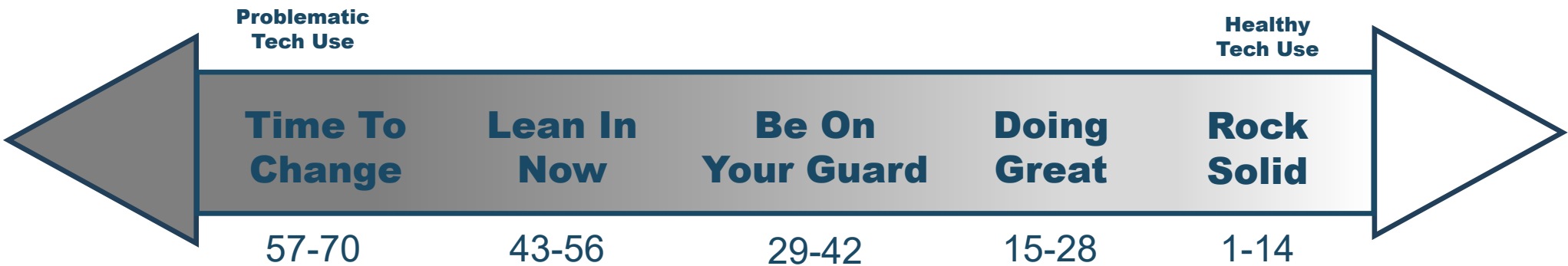


“Leading with Light” Digital Device Assessment

	Always	Often	Sometimes	Rarely	Never
1. I carry a digital device with me everywhere I go.	5	4	3	2	1
2. My digital device is turned on.	5	4	3	2	1
3. I use my digital device(s) for three+ hours a day	5	4	3	2	1
4. I look at my digital device within 10 minutes of waking up.	5	4	3	2	1
5. I check my digital device frequently throughout the day.	5	4	3	2	1
6. I look at my digital device in the bedroom before going to sleep.	5	4	3	2	1
7. I look at my digital device when I am with people I care about. (e.g., kids, co-workers, etc.)	5	4	3	2	1
8. I look at my digital device in social situations (e.g., restaurants, movies, church, etc.)	5	4	3	2	1
9. I spend 30+ minutes on social media per day.	5	4	3	2	1
10. I like to stream music, podcasts, or other content while I’m working.	5	4	3	2	1
11. I play games on my digital devices.	5	4	3	2	1
12. I use my digital device while driving (texting, emailing, talking, etc.)	5	4	3	2	1
13. Digital devices cause pain in my hands, wrists, neck, back, eyes, or head.	5	4	3	2	1
14. After spending a lot of time on my digital device(s), I feel empty.	5	4	3	2	1

$$\boxed{} = \boxed{} + \boxed{} + \boxed{} + \boxed{} + \boxed{}$$

“Leading with Light” Healthy Tech Assessment



**Enter Assessment
Score Here**

