

Eyes Open, Ears On

Device-use Tracker

Week of: _____

Name: _____

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 7:30 am							
7:30 - 8:00 am							
8:00 - 8:30 am							
8:30 - 9:00 am							
9:00 - 9:30 am							
9:30 - 10:00 am							
10:00 - 10:30 am							
10:30 - 11:00 am							
11:00 - 11:30 am							
11:30 - 12:00 pm							
12:00 - 12:30 pm							
12:30 - 1:00 pm							
1:00 - 1:30 pm							
1:30 - 2:00 pm							
2:00 - 2:30 pm							
2:30 - 3:00 pm							
3:00 - 3:30 pm							
3:30 - 4:00 pm							
4:00 - 4:30 pm							
4:30 - 5:00 pm							
5:00 - 5:30 pm							
5:30 - 6:00 pm							
6:00 - 6:30 pm							
6:30 - 7:00 pm							
7:00 - 7:30 pm							
7:30 - 8:00 p.m.							
8:00 - 8:30 pm							

For more information about infant hearing, visit our website: erinoakkids.ca/ihp