## **Curb the Urge**

## **TALLY SHEET**

| Checking Behavior | Tally | TOTAL |
|-------------------|-------|-------|
| E-mail            |       |       |
| Social Media      |       |       |
| Texts             |       |       |
| News Feeds        |       |       |
| Time              |       |       |
| Weather           |       |       |
| Fact-check        |       |       |
| Other             |       |       |
| TOTAL ALL         |       |       |