

Healthy Gaming Monthly Tracking Form

Email completed form to HGtracking@miraclemanofphiladelphia.org

Participant Number: _____ Age: _____

Opt-In (Yes or No): Yes ☐ No ☐

Circle One: ☐ Rural ☐ Urban ☐ Suburban Sex: ☐ Male ☐ Female

Daily transfer: Complete the daily Healthy Gaming Worksheet first.
Then enter that day's Protection Score, Risk Score, and final HG Score below.

**TARGET
HG 75+**

Day	Date	Protection Score (0-100)	Risk Score (0-100)	HG Score (0-100)	Target 75+ Met? Y/N	Notes / Changes
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31						

Monthly Summary

Average Protection Score: _____ Average Risk Score: _____ Average HG Score: _____

Days at/above 75: _____ Highest HG: _____ Lowest HG: _____

Daily HG formula reference: (Protection Score + (100 - Risk Score)) / 2