

Healthy Gaming Worksheet

Lasting change begins with awareness, followed by action - DIY

Name: _____

Date: _____

Step-by-Step Scoring Directions

1. Rate each variable from 1 to 10 (use the Parent or Child guidance shown next to each variable).
2. Add all 11 protective scores.
3. Divide that total by 11 to get the Protection Average.
4. Multiply the Protection Average by 10 to get the Protection Score (0-100).
5. Rate each risk variable from 1 to 10. Add all 7 risk scores. Divide that total by 7 to get the Risk Average. Multiply the Risk Average by 10 to get the Risk Score (0-100).
6. **Final Healthy Gaming Score (HG)** = (Protection Score + (100 - Risk Score)) ÷ 2.

Protective Variables		Who Scores?	Score (1-10)
R	Recovery	Child	
S	Structure	Parent	
PE	Parental Energy	Parent	
E	Effort	Parent	
PA	Physical Activities	Child	
IA	Intellectual Activities	Child	
CA	Community Activities	Child	
AC	Anger Control	Parent	
ES	Emotional Stability	Parent	
EMR	Eye & Muscle Recovery	Parent	
CP	Consistency & Predictability	Parent	

Total Protective Variable Scores = _____
 Protection Average (Total ÷ 11) = _____
 Protection Score (Average × 10) = _____

Risk Variables		Who Scores?	Score (1-10)
A	Access	Parent	
DE	Destabilizing Environment	Parent	
DD	Difficulty to Disengage (Previously SCD - Self-Control Deficit)	Child	
N	Notifications	Child	
UR	Usage Rewards	Child	
PS	Perceived Status	Child	
US	Unwarranted Strife (Household Conflict)	Parent	

Total Risk Variable Scores = _____
 Risk Average (Total ÷ 7) = _____
 Risk Score (Average × 10) = _____

Final Healthy Gaming Score (HG)

Protection Score = _____

Risk Score = _____

HG = (Protection Score + (100 - Risk Score)) ÷ 2 = _____

Healthy Gaming Score (HG) – What Your Score Means

Target Score

75

or Higher

Strive for 75 for a healthier, more balanced life.

1 – 25
High Risk

Significant concern. Immediate changes are needed.

26 – 50
Needs Improvement

Some positive factors, but risk factors are high. Focus on key changes.

51 – 75
Building Momentum

Progress is happening. Keep improving and strengthening habits.

76 – 100
Healthy Range

Strong balance. Keep up the great work!

Small Steps. Big Progress.