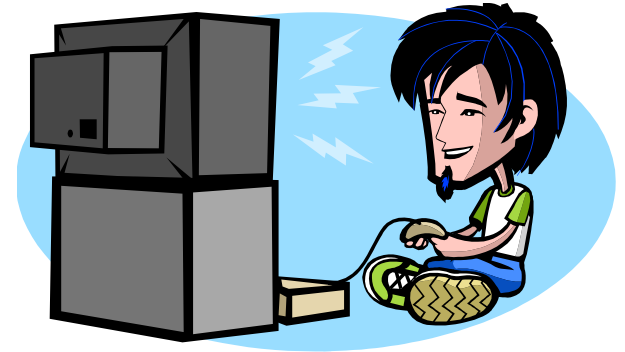


Screen Time includes time spent:



Watching television



Playing video games

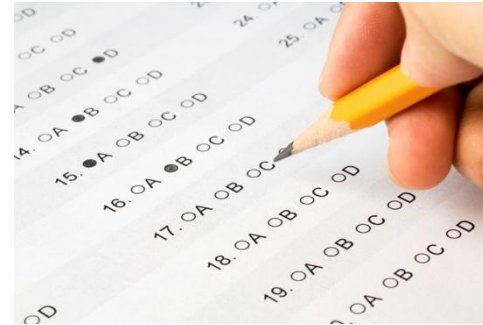


On the computer

Why Limit Screen Time?



Less time to play actively

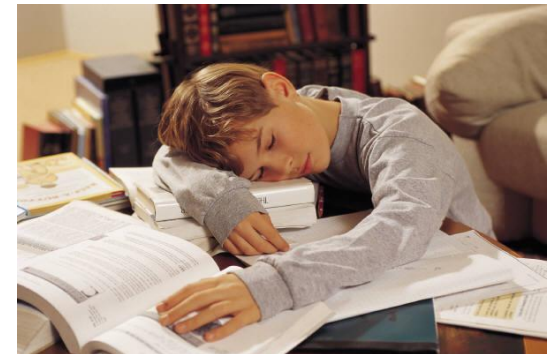


Hurts school performance



Leads to eating too much slow food

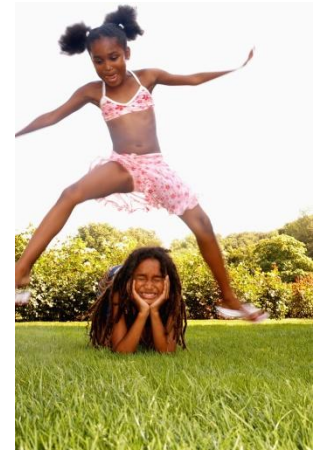
Photo courtesy of Todd Baker



Makes it hard to get quality sleep

So limit your screen time!!

- Play outside
- Play a sport
- Read
- Learn how to cook
- Choose one favorite show







Date: _____ Name: _____



Activity Log - Week 1

Time Spent on Activities Each Day during Free Time

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total for Week
Computer 								
Video Games 								
Television 								
Total Screen Time								
Active Play/ Sports 								



Name: _____

Date: _____

Time Spent on Various Activities Each Day During Free Time Rounded to Nearest 15 Minutes

