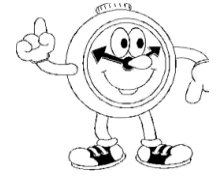





Date: \_\_\_\_\_ Name: \_\_\_\_\_

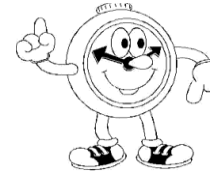


## Activity Log - Week 1

### Time Spent on Activities Each Day during Free Time





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

Date: \_\_\_\_\_ Name: \_\_\_\_\_

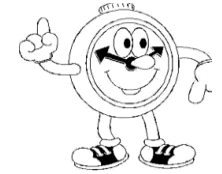


## Activity Log - Week 2

### Time Spent on Activities Each Day during Free Time



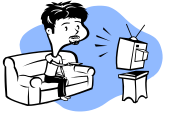

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total for Week
Computer 								
Video Games 								
Television 								
<b>Total Screen Time</b>								
Active Play/ Sports 								

Date: \_\_\_\_\_ Name: \_\_\_\_\_



## Activity Log - Week 3

### Time Spent on Activities Each Day during Free Time

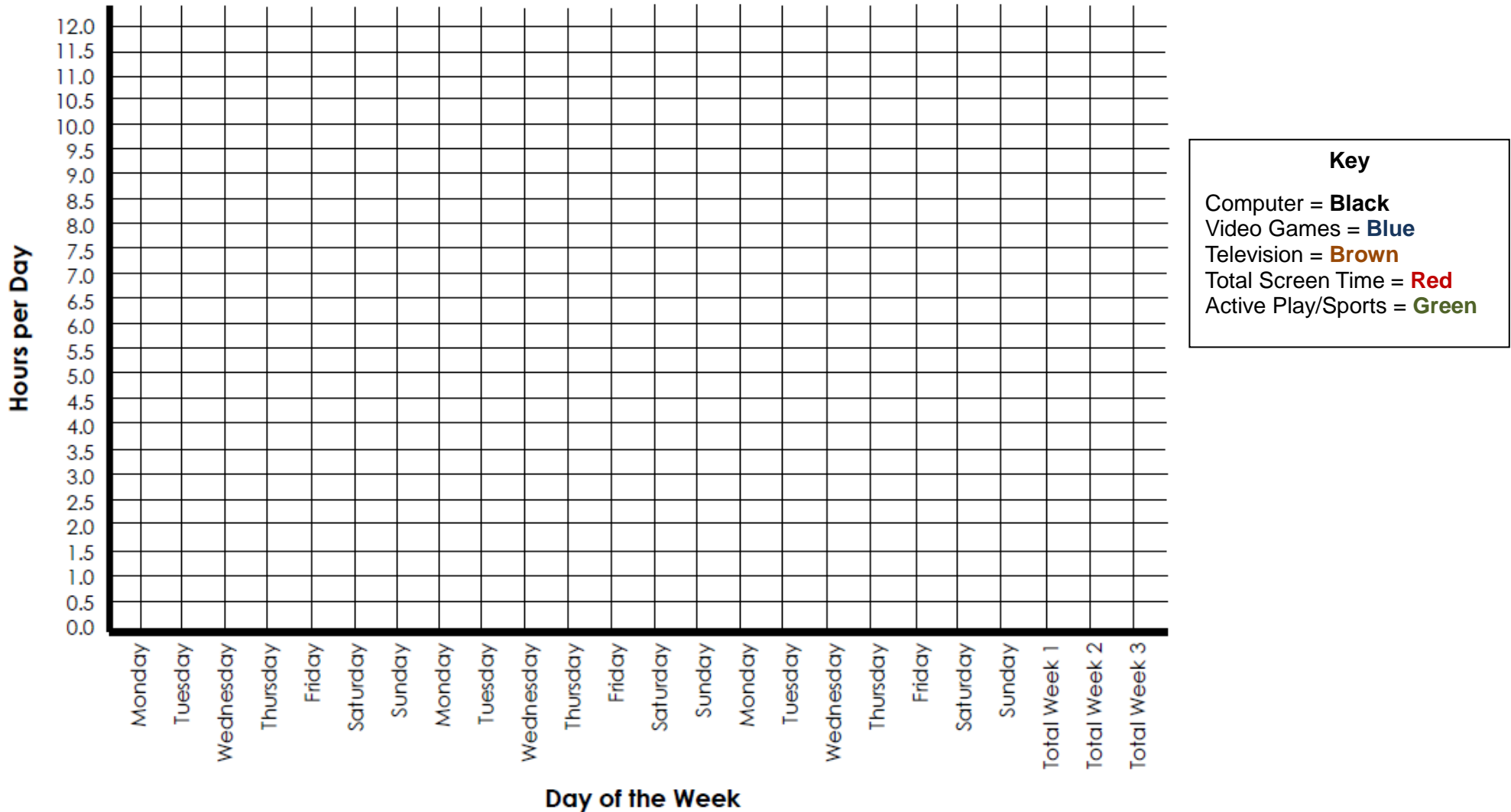
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total for Week
Computer 								
Video Games 								
Television 								
<b>Total Screen Time</b>								
Active Play/ Sports 								

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Time Spent on Various Activities Each Day During Free Time

Rounded to Nearest 15 Minutes



# Reflections on Screen Time and Active Play



Which activity did you do most often? \_\_\_\_\_

Which activity did you do least often? \_\_\_\_\_

During Week 1, what was the difference between your total screen time and your active play time?

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

During Week 2, what was the difference between your total screen time and your active play time?

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_

During Week 3, what was the difference between your total screen time and your active play time?

\_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_



Did your screen time increase, decrease or remain the same over the three weeks? \_\_\_\_\_

Why do you think this happened?

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What are some things you can do to keep screen time to less than two hours per day and play actively at least one hour per day?

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