

# Screen-Time Challenge

Hey, kids! Did you know that limiting screen time—the time you spend watching TV, playing video games, texting or talking on the phone—to no more than two hours total each day is good for your health? **Instead, read a book, play with friends, ride a bike or do a puzzle. Think you can do it? We do! Use this form to help you keep track.**

*Example*

DATE: *Friday 12/5/14*

15 MIN. INCREMENTS	15	30	45	1HR.	15	30	45	2HR.	15	30
<b>TV OR MOVIES</b>	<i>x</i>									
<b>WEBSITES</b>	<i>*</i>	<i>x</i>								
<b>VIDEO GAMES</b>	<i>x</i>									
<b>PHONE USE</b>	<i>*</i>	<i>*</i>	<i>x</i>	<i>x</i>						
<b>SOCIAL MEDIA</b>	<i>*</i>	<i>*</i>	<i>*</i>							
<b>OTHER</b>										

**BONUS:** I GOT AT LEAST 30 MINUTES OF EXERCISE TODAY!

**TOTAL SCREEN TIME:** *2 hr. 45 min.*

DATE: \_\_\_\_\_

15 MIN. INCREMENTS	15	30	45	1HR.	15	30	45	2HR.	15	30
<b>TV OR MOVIES</b>										
<b>WEBSITES</b>										
<b>VIDEO GAMES</b>										
<b>PHONE USE</b>										
<b>SOCIAL MEDIA</b>										
<b>OTHER</b>										

**BONUS:** I GOT AT LEAST 30 MINUTES OF EXERCISE TODAY!

**TOTAL SCREEN TIME:** \_\_\_\_\_

DATE: \_\_\_\_\_

15 MIN. INCREMENTS	15	30	45	1HR.	15	30	45	2HR.	15	30
<b>TV OR MOVIES</b>										
<b>WEBSITES</b>										
<b>VIDEO GAMES</b>										
<b>PHONE USE</b>										
<b>SOCIAL MEDIA</b>										
<b>OTHER</b>										

**BONUS:** I GOT AT LEAST 30 MINUTES OF EXERCISE TODAY!

**TOTAL SCREEN TIME:** \_\_\_\_\_

DATE: \_\_\_\_\_

15 MIN. INCREMENTS	15	30	45	1HR.	15	30	45	2HR.	15	30
<b>TV OR MOVIES</b>										
<b>WEBSITES</b>										
<b>VIDEO GAMES</b>										
<b>PHONE USE</b>										
<b>SOCIAL MEDIA</b>										
<b>OTHER</b>										

**BONUS:** I GOT AT LEAST 30 MINUTES OF EXERCISE TODAY!

**TOTAL SCREEN TIME:** \_\_\_\_\_