

## Screen Time Log

Print and complete this log to determine how much time you are spending in front of a screen and help your family do the same. Place the log in an easy location for everyone to use and see such as near the family television, by the computer, or on the refrigerator.

If screen time for you or your family members is less than 1-2 hours a day, pat yourselves on the back! If it's 2 hours or more, then reduce your screen time by choosing physical activities to do. (Play outside, ride bikes, play basketball, play music and dance, etc.)

| Day of the Week | TV/DVDs       | Video Games    | Computer/Internet | Total Hours for the Day |
|-----------------|---------------|----------------|-------------------|-------------------------|
| <i>Example</i>  | <i>1 hour</i> | <i>2 hours</i> | <i>.5 hours</i>   | <i>3.5 hours</i>        |
| Monday          |               |                |                   |                         |
| Tuesday         |               |                |                   |                         |
| Wednesday       |               |                |                   |                         |
| Thursday        |               |                |                   |                         |
| Friday          |               |                |                   |                         |
| Saturday        |               |                |                   |                         |
| Sunday          |               |                |                   |                         |

Total Hours this week \_\_\_\_\_