

## Reduce Children's Screen Time Log

Print and complete this log to determine how much time you are spending in front of a screen. 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 2 hours a day, pat yourselves on the back! If it's 2 hours or more, then check out the Get Moving section to help you reduce your screen time and switch to some physically active alternatives.

### SAMPLE LOG

Name: Billy (age 11)

Week of: 6/6/2005

	TV	Video Games	DVD	Computer/Internet	Time (hours)
<b>Monday</b>	2 hours	1 hour		1 hour	4 hours
<b>Tuesday</b>	3 hours	1 <sup>1</sup> / <sub>2</sub> hours		1 hour	5 <sup>1</sup> / <sub>2</sub> hours
<b>Wednesday</b>	1 <sup>1</sup> / <sub>2</sub> hours	1 hour	2 <sup>1</sup> / <sub>2</sub> hours	<sup>1</sup> / <sub>2</sub> hour	5 <sup>1</sup> / <sub>2</sub> hours
<b>Thursday</b>	4 hours			1 hour	5 hours
<b>Friday</b>	4 hours	1 hour			5 hours
<b>Saturday</b>	3 hours	2 hours	2 hours	1 hour	8 hours
<b>Sunday</b>	2 hours	1 hour	2 hours	2 hours	7 hours
					<b>TOTAL: 40 hrs</b>

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

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<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
					<b>TOTAL:</b>

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

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

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<b>Monday</b>					
<b>Tuesday</b>					
<b>Wednesday</b>					
<b>Thursday</b>					
<b>Friday</b>					
<b>Saturday</b>					
<b>Sunday</b>					
					<b>TOTAL:</b>

\*Information provided by We Can! We Can! is a collaboration between the National Heart, Lung, and Blood Institute, the National Institute of Diabetes and Digestive and Kidney Diseases, the Eunice Kennedy Shriver National Institute of Child Health and Human Development, and the National Cancer Institute.

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