



We Can! Reduce Screen Time Log

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 try to switch to some physically active alternatives.

SAMPLE LOG

Name: Billy (age 11)

Week of: 6/6/2005

We Can! Reduce Screen Time Log					
	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday	2 hours	1 hour		1 hour	4 hours
Tuesday	3 hours	1½ hours		1 hour	5½ hours
Wednesday	1½ hours		2½ hours	½ hour	4½ hours
Thursday	4 hours			1 hour	5 hours
Friday	4 hours	1 hour			5 hours
Saturday	3 hours	2 hours	2 hours	1 hour	8 hours
Sunday	2 hours	1 hour	2 hours	2 hours	7 hours
					TOTAL: 40 hrs

Name: _____ Week of: ____/____/____

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:





Name: _____ Week of: ____/____/____

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

Name: _____ Week of: ____/____/____

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

Name: _____ Week of: ____/____/____

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

Name: _____ Week of: ____/____/____

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					TOTAL:

