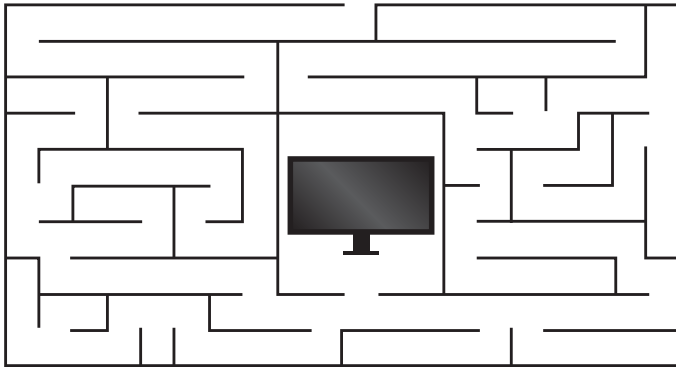




# Screen Time

Spend less time in front of screens!

**Move yourself away from TV time. Find your way out of the screen time maze.**



- **SCREENS** are TVs, videos, computers, video games, and some MP3 players and cell phones.
- When watching TV, try to **MOVE** during commercials.
- Plan ahead – choose times and TV shows for each day.
- Replace family TV time with family game nights and outings.
- Make **ONE** area in the house for TV, computer, and video game use.
- **NO TV or computer** in your child's bedroom.

## Screen Time Tips

It is important to spend a **total of two hours or less in front of a screen.**

Less screen time means more active time and that can help manage your “energy out.”

## Choose a goal that's right for you!

- I will plan out my two hours of screen time
- I will get up and move during TV commercials
- I will not eat snacks or meals in front of a screen
- I will take the TV out of my (child's) room
- \_\_\_\_\_

## PARENT CORNER

- TV, video games, and computer time should not be used as rewards.
- Do not allow your child to eat in front of the TV, **AND** turn it off during family meals.



# Screen Time

Spend less time in front of screens!

| Track your screen time goal                         | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--------|---------|-----------|----------|--------|----------|
| I will plan out my 2 hours of screen time           |        |        |         |           |          |        |          |
| I will get up and move during TV commercials        |        |        |         |           |          |        |          |
| I will not eat snacks or meals in front of a screen |        |        |         |           |          |        |          |
| I will take the TV out my (child's) room            |        |        |         |           |          |        |          |
| Other Goal  |        |        |         |           |          |        |          |

**SMILE! You achieved your screen time goal!**

| Write in your favorite TV shows | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------|--------|--------|---------|-----------|----------|--------|----------|
| 30 Minutes Time and Channel     |        |        |         |           |          |        |          |
| 30 Minutes Time and Channel     |        |        |         |           |          |        |          |
| 30 Minutes Time and Channel     |        |        |         |           |          |        |          |
| 30 Minutes Time and Channel     |        |        |         |           |          |        |          |

**SMILE! You watched less than 2 hours of TV today!**