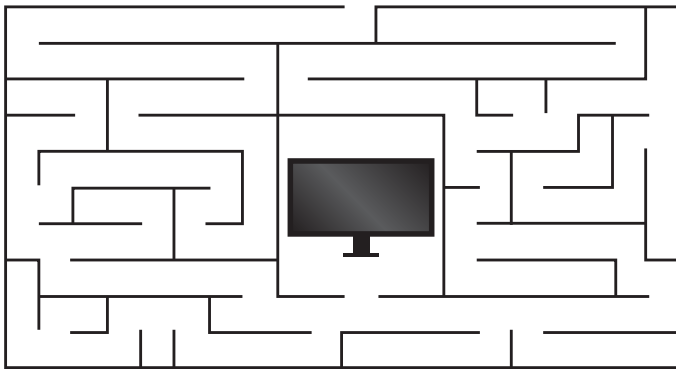




Screen Time

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!