



America's Move to Raise a
Healthier Generation of Kids

NAME Bill (age 11)
WEEK OF 6/6/2010

LET'S MOVE! 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 1-2 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.

SEE SAMPLE LOG BELOW ▼

| | TV | Video Games | DVD | Computer/ Internet | Total Hours Per Day |
|-----------|-------------|-------------|-------------|---------------------------------|------------------------|
| MONDAY | 2 hours | 1 hour | | 1 hour | 4 hours |
| TUESDAY | 3 hours | 1 1/2 hours | | 1 hour | 5 1/2 hours |
| WEDNESDAY | 1 1/2 hours | 1 hour | 2 1/2 hours | 1/2 hour | 5 1/2 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 HOURS PER WEEK | 40 hours |



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|-----------------------------|----|-------------|-----|-----------------------|------------------------|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |
| SUNDAY | | | | | |
| TOTAL HOURS PER WEEK | | | | | |

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|-----------------------------|----|-------------|-----|-----------------------|------------------------|
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY | | | | | |
| SATURDAY | | | | | |
| SUNDAY | | | | | |
| TOTAL HOURS PER WEEK | | | | | |