

GOAL TRACKER

My goal is to
get less “screen time.”

Date: _____

Circle the number of hours that you had any type of screen time. This includes watching TV, movies, playing video games, or using the computer. This does not include school work time.

Monday:	1	2	3	4	5
Tuesday:	1	2	3	4	5
Wednesday:	1	2	3	4	5
Thursday:	1	2	3	4	5
Friday:	1	2	3	4	5
Saturday:	1	2	3	4	5
Sunday:	1	2	3	4	5

Tips

- ✓ **Turn off the tube and computer.** Substitute physical activity for one hour of TV viewing each day.
- ✓ **Try something new.** Pick a new activity that you can do once a week instead of watching TV or playing video games. Trips to the library, museum, local pool, park, or farmers market are great ideas.
- ✓ **Tune into dinner, not the TV.** Do not watch TV during mealtimes. Instead, focus on eating together as a family.
- ✓ **Keep it out of the bedroom.** Keep TV's out of each bedroom in your house.

- ➔ Instead of watching TV or being on the computer this week, I will: _____
- ➔ Another activity that I could do other than watch TV or play on the computer is: _____

Source: Adapted from the Harvard Prevention Research Center and the Maine Center for Public Health

