Screen Time Tracking Sheet

Background:

Screen time, particularly TV, occupies many kids for several hours each day. Time spent watching TV and playing video games can result in less physical activity, more overeating and a greater risk of becoming overweight. Not only is a child inactive while watching TV, kids are also subjected to advertising for high fat, high sugar foods that can lead to unhealthy eating habits. It has been shown that kids who watch less TV do better in school, eat healthier food, weigh less, Sleep better and are less prone to violence, early sexual activity and smoking.

Objective:

Screen Time Tracking

Awareness and tracking of screen time is the first step to introducing healthy habits. Without leading, or mentioning the overall goal, encourage the children to record all screen time. They should count all hours spent in front of the TV, playing computer/video games and non-purposeful time spent surfing the net, etc… It may also be helpful to explore the snack choices and overall feeling that occurs after screen time vs. other activities. Keep the tracking sheets to compare with the screen free week.

Screen Free Week Tracking

Encourage the children to reduce their screen time from the previous week and try other activities. The goal is to reduce screen time or go screen free completely! A publication by the Kaiser Foundation recommends that kids watch no more than 1 hour of TV each day. It is also recommends that sustained periods of inactivity be interrupted by activities like stretching or general movement. For other ideas to suggest to the students, see the Lesson Plans included in this package.

Name:_____

Screen Time Tracking Sheet

How many hours of screen time (TV, video or computer games) did you have each day? Add up the total at the end of the week.

Dates: mm/dd to mm/dd	Screen Time (Hours)	Time I spent doing other things (reading books, playing outside, etc.)	
		Time	What I did
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL =			

What kinds of snacks did you eat this week?_____

_____

_____

_____

How did you feel after screen time?_____

_____

_____

_____

How did you feel after you did other things?_____

_____

_____

_____

Screen Free Week Tracking Sheet

How many hours of screen time (TV, video or computer games) did you have each day? Add up the total at the end of the week.

YOUR GOAL: To have very few, or zero hours of screen time.

Dates: mm/dd to mm/dd	Screen Time (Hours)	Time I spent doing other things (reading books, playing outside, etc.)	
		Time	What I did
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
TOTAL =			

Did you have fewer hours of screen time?_____

Did you spend more time doing other things?_____

What kind of snacks did you eat this week?_____

What was your favorite thing to do instead of screen time?_____