

MEDIA & HEALTH – WHAT IS THE CONNECTION?

TRACKER **C**



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record the hours you and your family spend in front of screens — round up/down.							
TV							
Video Games							
DVD/ Movies							
Computer/ Internet							
Other							
Total Screen Time?							
Did you spend one evening screen free?							
Did you take the TV out of your bedroom?							

Ways to Use This TRACKER:

- Record how many hours you and your family spend in front of screens (TV, video games, internet/computer, DVD, radio/MP3).
- Plan ahead for fun alternatives to screen time, like playing a family game.
- Make one evening a screen-free day.
- Take the TV out of the bedroom.