

AM I GETTING TOO MUCH SCREEN TIME?

Instructions: In the table, enter the amount of leisure time spent in front of each type of screen and add it up for each day of the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TELEVISION 							
COMPUTER 							
TABLET 							
SMARTPHONE 							
VIDEO GAMES 							
TOTAL							
Colour the star for each day you spent 2 hours or less in front of a screen.							

Have fun and be active every day! List all the activities you enjoy and that you could do to limit your recreational screen time:
