



We Can Reduce Children's Screen Time Log

- Print and complete this log to determine how much time you are spending in front of a screen.
- Place the log in a location where everyone will be able to see, by the television, computer or on the refrigerator.
- Strive for 2 hours or less of screen time each day.

Sample Log

Name: Logan (age 11)

Week of: 9/24/2012

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday	2 hours	1 hour		1 hour	4 hours
Tuesday	3 hours	1 ½ hours		1 hour	5 ½ hours
Wednesday	1 ½ hours	1 hour	2 ½ hours	½ hour	5 ½ 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: 40 hrs.

Name: _____

Week of: ____/____/____

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					Total:

5-2-1-0 was developed by the American Medical Association, the Centers for Disease Control and Prevention, and the Maternal and Child Health Bureau to address America's health crisis of overweight and obese children and families.



Name: _____

Week of: ___ / ___ / ___

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					Total:

Name: _____

Week of: ___ / ___ / ___

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					Total:

Name: _____

Week of: ___ / ___ / ___

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					Total:

Name: _____

Week of: ___ / ___ / ___

	TV	Video Games	DVD	Computer/ Internet	Time (hours)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
					Total: