

National Child Day 2015



Screen Time Tracker

Track the time you spend in front of a screen and the time you spend being physically active. At the end of the week, compare the totals.

Do you spend more time in front of a screen than you do being active?

	Computer	TV	Video Games	Smart Phone	Physical Activity
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Subtotal					
Total Screen Time					
Total Physical Activity					

For ideas to help keep screen time and active time in balance go to www.healthychildcoalition.ca