

# Turn-Off the Screens Tracking Sheet

Participate in one of two ways!

Choose to be 100% screen-free!

- No TV or computer screen, including video and games, other than for homework.

OR

Choose to use the screen-time coupons!

- Cut and attach used coupons to the tracking sheet.
- Once they're used up, so is your screen time. Practice using the OFF button!

Make sure to:

- Draw a picture or write about what activities you did and have a parent/guardian sign the box below for each day.
- Fill in the participant evaluation on the back of the tracking sheet.
- Return tracking sheet to the Thunder Bay District Health Unit by May 18, 2007 to be entered in prize draws.

NAME \_\_\_\_\_


ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_








## COUPON

Use for one half hour of screen time (TV, computer or video games). Can be used anytime throughout the "Turn Off the Screens" week.



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Use for one half hour of screen time (TV, computer or video games). Can be used anytime throughout the "Turn Off the Screens" week.

 <b>MONDAY</b>	 <b>TUESDAY</b>	 <b>WEDNESDAY</b>	 <b>THURSDAY</b>	 <b>FRIDAY</b>	My child was screen-free (or used a coupon) today!
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Proudly sponsored by: Thunder Bay District Health Unit, Thunder Bay Hiking Assoc., Zellers Inc., LRCA, Thunder Bay Border Cats, Thunder Bay, Confederation College