

# Turn Off the Screens Tracking Sheet











May 3 - 7, 2010

Name: \_\_\_\_\_

School: \_\_\_\_\_

Grade: \_\_\_\_\_

Draw or write about how you got active.

 <b>MONDAY</b>	 <b>TUESDAY</b>	 <b>WEDNESDAY</b>	 <b>THURSDAY</b>	 <b>FRIDAY</b>
<p>I was screen-free today!</p> <input data-bbox="315 1166 388 1226" type="checkbox"/>	<p>I was screen-free today!</p> <input data-bbox="693 1166 766 1226" type="checkbox"/>	<p>I was screen-free today!</p> <input data-bbox="1092 1166 1165 1226" type="checkbox"/>	<p>I was screen-free today!</p> <input data-bbox="1480 1166 1554 1226" type="checkbox"/>	<p>I was screen-free today!</p> <input data-bbox="1879 1166 1953 1226" type="checkbox"/>
<p>I used 30 minutes of screen-time today.</p> 	<p>I used 30 minutes of screen-time today.</p> 	<p>I used 30 minutes of screen-time today.</p> 	<p>I used 30 minutes of screen-time today.</p> 	<p>I used 30 minutes of screen-time today.</p> 

Please return this Tracking Sheet to your teacher, or the Thunder Bay District Health Unit, by May 21, 2010 to be entered in a draw for awesome prizes!