






Turn Off the Screens Tracking Sheet

May 4 - 8, 2009

Draw or write about the activities that you did each day

 MONDAY	 TUESDAY	 WEDNESDAY	 THURSDAY	 FRIDAY
I was screen-free today! <input type="checkbox"/>	I was screen-free today! <input type="checkbox"/>	I was screen-free today! <input type="checkbox"/>	I was screen-free today! <input type="checkbox"/>	I was screen-free today! <input type="checkbox"/>
I attended a Turn Off the Screens event today! <input type="checkbox"/>	I attended a Turn Off the Screens event today! <input type="checkbox"/>	I attended a Turn Off the Screens event today! <input type="checkbox"/>	I attended a Turn Off the Screens event today! <input type="checkbox"/>	I attended a Turn Off the Screens event today! <input type="checkbox"/>

Name: _____

Phone: _____

School/ Daycare: _____

Grade: _____

Colour in a screen for every 30 minutes of T.V., video game, or computer time used (other than for homework).
Once they're used up, so is your screen-time!



Please return this Tracking Sheet to your teacher, or the Thunder Bay District Health Unit, by May 22, 2009 to be entered in a draw for awesome prizes!

Rain
or
Shine!

Turn Off the Screens! Take the Challenge and Get Active!

Win your
school a
dance party
by:



tbdhu.com

Monday
May 4

Tuesday
May 5

Wednesday
May 6

Thursday
May 7

Friday
May 8



Join our local
Police Department for
some **basketball,**
road hockey,
and a BBQ!
Patterson Park
(corner of May & Miles St.)
6 – 9 p.m.
FREE!



Bowling Night!
4 – 10 p.m.
\$2.50/person
(incl. tax and shoes)



Gammondale Farm

**Amazing Race
Scavenger Hunt!**
6 – 8 p.m.
Registration ends at
7:00 p.m.
\$3.00/person
teams of 2–5,
at least 1 adult/team
children under 2 free



Twoonie Swim!
7 – 9 p.m.
\$2.00/person



Join the **MNR** for a
firefighting challenge!
Marina Park
(near the public
boat launch)
6 – 8 p.m.
FREE!



Join us for a
Fresh Air Walk!
311 Victoria Ave. E.
6:30 p.m.
FREE!



Free Swim!
Churchill and Volunteer
Pools
6 – 8:30 p.m.
FREE!



Family Mini Putt Night!
6 – 8 p.m.
\$4.00/person

1st
Prize

Family Gift Certificate



2nd
Prize

Mountain Bike



3rd
Prize

10 Punch Junior Golf Card



Also supported by:

Boston Pizza, Canada Safeway Ltd., Canadian Tire, Confederation College, Kindermusik, Lakehead University, Sears Canada Inc.,
Thunder Bay Military Family Resource Centre, Tim Hortons, Zellers

