

# 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 your school to be entered in prize draws.

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

GRADE \_\_\_\_\_

TEACHER'S NAME \_\_\_\_\_



## 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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<p>MONDAY</p>	<p>TUESDAY</p>	<p>WEDNESDAY</p>	<p>THURSDAY</p>	<p>FRIDAY</p>	<p>My child was screen-free (or used a coupon) today!</p>	<p>My child was screen-free (or used a coupon) today!</p>	<p>My child was screen-free (or used a coupon) today!</p>	<p>My child was screen-free (or used a coupon) today!</p>	<p>My child was screen-free (or used a coupon) today!</p>
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