

Screen Time Tracking Log



Name: _____ Week of: _____ / _____ / _____

	TV	Video Games	Computer	Physical Activity
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Sub-Totals				
	Total Screen Time:		Total Physical Activity:	

Track the time you spend in front of a screen versus the time you spend being physically active each day of the week. At the end of the week, compare the totals. Do you spend more time in front of the TV than you do being active?

>> Screen time: How much is too much?

Experts recommend a maximum of two hours a day for kids aged 5-12 and less than one hour for pre-schoolers. No screen time is recommended for kids under two.

>> Physical activity:

National guidelines call for 60 minutes a day, but more is better. If you're using a pedometer, aim for 16,000 steps.

What counts?

- walking or biking to school or other destinations
- organized or leisure sport
- exercise or working out
- active play
- yard or housework

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