

# PHYSICAL ACTIVITY TRACKER

Track the time spent in front of a screen versus the time spent being physically active each day of the week. At the end of the week, compare the totals.



NAME \_\_\_\_\_ WEEK OF \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

	PHYSICAL ACTIVITY	TELEVISION	VIDEO GAMES	COMPUTER	SMART PHONE OR TABLET
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
SUB-TOTALS					

**TOTAL PHYSICAL ACTIVITY**  MINUTES

**TOTAL SCREEN TIME**  MINUTES

**Physical activity: More is better!**

- » 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
  - active play
  - organized or leisure sport
  - yard or housework
  - exercise or working out

**Screen time: How much is too much?**

- » Experts recommend a **maximum of 2 hours** a day for kids aged 5-12 and **less than 1 hour** for pre-schoolers.
- » **No screen time** is recommended for kids under 2.

