

How much time are you spending on the couch?
Media Log - 24 hours

	T.V.	Computer	Phone	Video Games	Reading	Total
A.M.						
12 - 1						
1 - 2						
2 - 3						
3 - 4						
4 - 5						
5 - 6						
6 - 7						
7 - 8						
8 - 9						
9 - 10						
10 - 11						
11 - 12						
P.M.						
12 - 1						
1 - 2						
2 - 3						
3 - 4						
4 - 5						
5 - 6						
6 - 7						
7 - 8						
8 - 9						
9 - 10						
10 - 11						
11 - 12						
Daily total						

Keeping a log of how much time you spend parked in front of a screen can be a starteling revelation! The truth is that children today are spending nearly 8 hours a day with various types of electronic devices including cell phones, video games, and t.v. Electronics are the way of the future, but good health is important too. Finding the right balance is key, and parents and caregivers have the power to make a difference. You can only create new habits by being aware of the old ones. Keep your media log for 24 hours and see if you can make room for some outdoor time!