

# Healthy Habits



## Screen Time Challenge

You have made a commitment to become more healthy. Use this challenge to reduce your screen time with healthy habits and activities. Start by figuring out how much time you spend on activities that involve a screen. This means television, computers, cell phones, tablets, video games, or other devices/platforms that use a screen for you to watch or interact.

If you are not sure how much time you spend, take a day and keep track carefully as you complete the tracker below.

### How much time do you spend:

Watching Television or Streaming Shows. \_\_\_\_\_ minutes per day

How long each day is your family television on, even if no one is "watching" \_\_\_\_\_ hours per day.

Playing Video Game Consoles. \_\_\_\_\_ minutes per day

Using a Cell Phone: \_\_\_\_\_ minutes per day

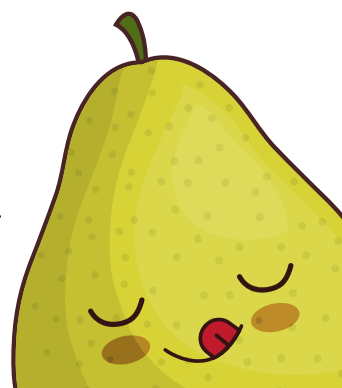
- to play games
- to check social media

On a Computer (not for school). \_\_\_\_\_ minutes per day

All other devices/activities: \_\_\_\_\_ minutes per day

Total Screen Time: \_\_\_\_\_

Use the second page to begin reducing your screen time with substitute activities.




























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Each day replace 30 minutes of screen time with a new activity suggestion below. As the weeks progress increase your non-screen time activities.

Monday	Tuesday	Wednesday	Thursday	Friday
 Read a Book	 Play a Board Game	 Ride a Bike	 Play a Card Game	 Dance
 Tidy Up	 Play Imagination	 Explore a 4-H Curriculum	 Make a Craft	 Draw or Paint
 Write a letter to a friend or family member	 Hula Hoop	 Hopscotch	 Read a Book	 Tidy Up
 Dance	 Explore a 4-H Curriculum	 Play a Board Game	 Ride a Bike	 Play Imagination
 Draw or Paint	 Play a Card Game	 Make a Craft	 Explore a 4-H Curriculum	 Hula Hoop

