



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Smart Start Screen time log

**What is screen time?** Screen time is the time your child (or you!) spend with a screen, including computer, gaming, phone, iPad, television, or video screens.

If screen time for you or your family members is less than 1-2 hours a day, give yourselves a pat on the back! If it's 2 hours or more now would be a great time to start setting limits.

	T.V.	DVD	Video Games	Computer	Total Hours Per Day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Total hours screen time this week: \_\_\_\_\_

### Healthy Hero tips for success:

**Role model** - limit your screen time to no more than two hours per day, too. If your kids see you following your own rules, they're more likely to do the same.

**Be Active during Screen Time** - challenge the family to see who can do the most push-ups or jumping jacks during commercial breaks.

**Keep meal time screen free** - instead of TV, spend time talking.

**Keep bedrooms screen free** - when children have screens in their bedrooms they watch more TV and sleep less.