



HIP HOP Turn TV Off

Student Tracker

One per student

1. How much TV do you watch now? For at least one day before Turn TV Off week, count how many hours you watch TV in the top box. Count how many hours you text, play on the computer, video games, phone, handheld games, watch DVD players, or anything with screen time on the bottom box. Do not include anything that you do for school or exercise DVDs or Wii fit in this week, or in HIP HOP Turn TV OFF week.

Day	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TV						
Other screens						

2. How much are you willing to cut back?

I (your name): _____ will work to watch no more than _____ hours a day during TV TURN OFF Week.

I will work to limit my other screen time to _____ hours a day during Turn TV OFF week.

Two hours or less of total screen time each day is recommended. Do you want to try zero for one week? Do what you can.

LOG SHEET—Keep track each day April 19-25

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TV						
Other screens						

TOTAL TV for the week: _____

TOTAL other screens for the week: _____

Did you meet your goal (yes/no): _____