

# Power off and Play! Daily Tracking Chart



Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Screen Time</b> (TV, iPad, Computer)  Maximum: #__ hours							
<b>Active Play &amp; Physical Activity (60 min/Day)</b> (organized sport, outside play)  Goal: #_____ minutes							
<b>Mealtimes</b> (Free of screens)  Goal: #_____							
<b>Sleep</b>  Goal: #_____ hours							
Goal: #_____ _____ _____							
Goal: #_____ _____ _____							
Did you meet your goals?							

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours recreation screen time a day



In each box, write down how many hours you spend on each activity everyday for a week.

Finish the activity column by adding some of your own activities. For example; reading, doing homework, playing music or hockey training.

