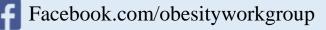
UNPLUG & MOVE TRACKING TOOL



Don't forget to check out our calendar of events for ideas of what to do instead of looking at a screen!





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals:	Activity instead of Screen Time
WEEK 1 (baseline)	.		_			<u> </u>		•	
								•	
DATE:	Other	Other	Other	Other	Other	Other	Other	•	
WEEK 2	0	0	0			Ū		•	
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DATE:	Other	Other	Other	Other	Other	□ Other	Other	•	
WEEK 3	0	0	0	0	0	0	0	•	
	ă	ă	ă	ă	ă	ă	ă	•	
DATE:	Other	Other	Other	Other	Other	Other	Other	•	
WEEK 4								•	
	ă	ă	ă	ă	ă	ă	ă	•	
DATE:	Other	Other	Other	Other	Other	Other	Other	•	