

UNPLUG & MOVE TRACKING TOOL



































































































Red: More than 42 hours of recreational screen time per week

Yellow: Between 15-41 hours of recreational screen time per week

Green: 14 hours or less of recreational screen time per week

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)	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____  _____	_____ _____ _____ _____
DATE: _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____		
WEEK 2	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____  _____	_____ _____ _____ _____
DATE: _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____		
WEEK 3	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____  _____	_____ _____ _____ _____
DATE: _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____		
WEEK 4	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____	 _____  _____  _____	_____ _____ _____ _____
DATE: _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____	 _____ Other _____		

