Keep track of all the ways you Power Off and Play!



Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sold Barrier B							

Fill in the amount of time spent playing away from screens.

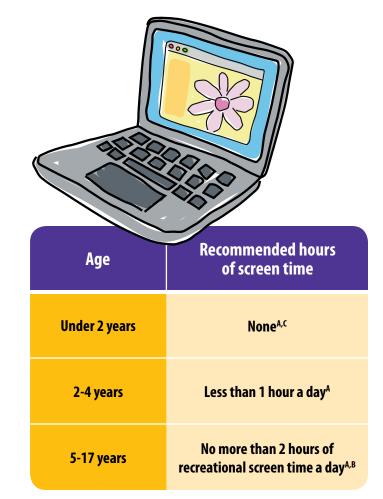
Play a game, draw a picture or go to the park. Plan what you'd like to do and write it on the chart.



Power Off and Play! Screen time tracking log.

Fill in the number of minutes or hours spent in front of screens.

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					



Sources:

- A. Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines
- B. Canadian Society for Exercise Physiology's 24-Hour Movement Guidelines for Children and Youth
- C. Canadian Pediatric Society's Position Statement on Screen Time and Young Children $^{11}\,$



Catalogue No. 026235 ISBN 978-1-4868-0909-7 December 2017 © 2017 Queen's Printer for Ontario