



UNPLUG!

Screen Time & Activity Planner

Limit TV, computers and inactive video games to two hours per day.

Use the chart below to help schedule your activities. Each week write down the time of day and what activity you will do.

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Screen Time	30 min							
	30 min							
	30 min							
	30 min							
Physical Activity	15 min							
	15 min							
	15 min							
	15 min							

Example: Screen Time: *Sunday*
Time: 6-6:30pm
TV: *iCarly*

Physical Activity: *Sunday*
Time: 7-7:30
Soccer



Get Ready, Get Set, Go!



Check all the activities that you like & add some of your favorites to the list!

- | | | |
|-------------------------------------|---|---|
| <input type="checkbox"/> Running | <input type="checkbox"/> Four square | <input type="checkbox"/> Recess at school |
| <input type="checkbox"/> Tag | <input type="checkbox"/> Gymnastics | <input type="checkbox"/> Walking the dog |
| <input type="checkbox"/> Soccer | <input type="checkbox"/> Skating | <input type="checkbox"/> Washing the car |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Lacrosse | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Hockey | <input type="checkbox"/> Tennis | <input type="checkbox"/> Raking leaves |
| <input type="checkbox"/> Jump Rope | <input type="checkbox"/> Lunges | <input type="checkbox"/> Football |
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Push ups | <input type="checkbox"/> Playground |
| <input type="checkbox"/> Hopscotch | <input type="checkbox"/> Skateboarding | <input type="checkbox"/> Sledding |
| <input type="checkbox"/> Hiking | <input type="checkbox"/> Softball | <input type="checkbox"/> Visiting a Park |
| <input type="checkbox"/> Bicycling | <input type="checkbox"/> Stretching | <input type="checkbox"/> Play catch |
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Swimming | <input type="checkbox"/> Shovel snow |
| <input type="checkbox"/> Ballet | <input type="checkbox"/> Walking | <input type="checkbox"/> Build a snowman |
| <input type="checkbox"/> Bowling | <input type="checkbox"/> Yoga | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Household Chores | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Dodge ball | <input type="checkbox"/> PE class at school | <input type="checkbox"/> _____ |

Putting it Together:

- Plan Ahead:** Use a calendar to help schedule your weekly activities and it'll be easier to stick to it. Aim for at least 60 minutes each day!
- Go for a Goal:** Start slowly and build up to a goal. You can try to continue what you already do but more often or pick a new activity to start working on.
- Track It:** Check your progress and check off each activity on the calendar when you're done.
- Avoid Overload:** Putting too much on your schedule can discourage you from meeting your goals and overdoing it is the quickest way to burn out.
- Mix it Up:**
 - Include different activities so you don't get bored from the same one
 - Bring a buddy along
 - Mix in strength, flexibility and cardio activities
 - Have activities you can do inside or outside so you have options for rain or shine

Use the following websites for more ideas and to find parks near your neighborhood!

<http://www.bam.gov/index.html>

<http://kidshealth.org>

<http://getactivecolumbus.com>

<http://kidnetic.com>

www.letsmove.gov

www.fns.usda.gov

adapted from www.bam.gov



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