

NAME

WEEK OF



ParticipACTION's Screen Time Log

Print and complete this log to determine how much time you are spending in front of a screen. Help your kids do the same. Place the log in a convenient location, such as near the television, by the computer, or on the refrigerator.

How much is too much?

The Canadian Sedentary Behaviour Guidelines encourage limiting recreational screen time to no more than 2 hours per day for kids age 5 - 17 (zero for kids under 2, an hour or less for kids age 2 - 4).

	TV	Video Games	Smartphone or tablet	Computer	Total hours per day
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Total hours per week