

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



Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



**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					

Age	Recommended hours of screen time
Under 2 years	None <sup>A,C</sup>
2-4 years	Less than 1 hour a day <sup>A</sup>
5-17 years	No more than 2 hours of recreational screen time a day <sup>A,B</sup>

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<sup>11</sup>

