

# Screen Time Challenge:

## Do you have what it takes for a timeout?

Print one of these weekly screen time charts for each member of your family. Each day, everyone should track their time spent on devices (no cheating!). At the end of the week, the person with the lowest overall screen time is the winner!



Have device-free dinners where everyone, including you, puts away phones and tablets.



Keep electronic devices with internet access out of the bedroom.



Create a family agreement as to when and where phones are off limits.



Encourage "green time" instead of screen time.



Host regular family board-game nights.



Most important, parents need to role-model responsible screen time and put away their phones during the family time.

NAME: \_\_\_\_\_

WEEK OF: \_\_\_\_\_

	TV	VIDEO GAMES	HAND-HELD DEVICES	COMPUTER	TOTAL
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

[metrohealth.org/simplywell](http://metrohealth.org/simplywell)