



# Log Sheet

**Note to Parent/Student:** Students are to keep track of time spent being active and time spent viewing screens. The goal is to increase physical activity to at least 60 minutes of energetic play per day and reduce screen time to no more than 2 hours per day.

On the graph, please colour or shade in how much time you spent on physical activity and viewing screens (outside school hours) every day for one week. Screen time includes watching TV, playing computer and video games, sending text messages, chatting on Facebook, etc.

Name: \_\_\_\_\_

Grade/Teacher: \_\_\_\_\_

My goals for increasing physical activity this week (e.g. meet friends at the park for a game of tag or soccer, walk to school):

\_\_\_\_\_

**Please note: Screen activities that are active like Wii Fit go under Physical Activity**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		WEEKLY TOTAL	
MORE THAN 4 hrs																MORE THAN 28 hrs
4 hrs																28 hrs
3 ½ hrs																24 hrs
3 hrs																20 hrs
2 ½ hrs																16 hrs
2 hrs																12 hrs
1 ½ hrs																8 hrs
1 hrs																4 hrs
½ hr																0 hrs
0 hrs																
	PHYSICAL ACTIVITY	SCREEN TIME														

Please return completed log sheets to your teacher