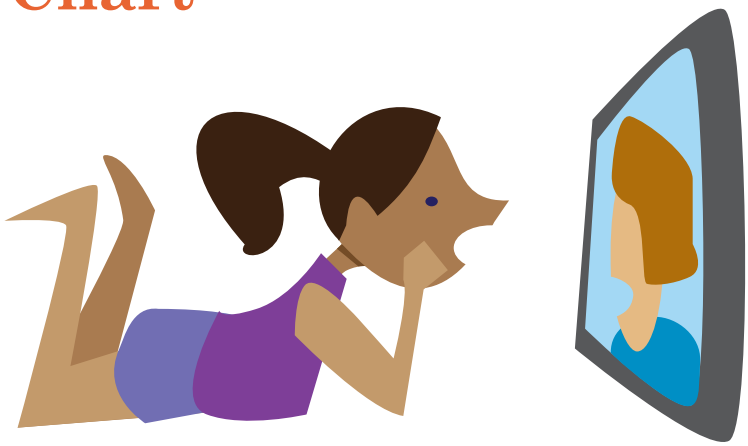
parent tips

we can!
Ways to Enhance Children's Activity & Nutrition

We Can! Screen Time Chart

Fill out the ***We Can!*** Screen Time Chart to see how much time your family spends in front of a screen. Keep one chart for each person.



Be sure to include time spent with cell phones and other hand-held video or gaming devices.

Post the chart where it's easy for everyone to see and use. Good places are near the family TV, by the computer, or on the refrigerator.

If screen time for each person is less than 2 hours a day, you're doing great! If it's 2 hours or more, then it's time to move more. Find ideas to get your family moving in the ***We Can!*** Family Guide. Take a look at:

- ***We Can!*** Parent Tips: Help Your Kids Reduce Screen Time and Move More
- ***We Can!*** Parent Tips: Be Active and Have Fun

You can print more screen time charts from the ***We Can!*** Web site at http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/screen-time-log.pdf.

How to fill in the *We Can!* Screen Time Chart

To fill in your family's screen time chart— For each day, write the hours spent for each type of screen.

- Then add the hours for each day. Write the total in the "Daily Total" column.

See the sample chart below.

We Can! Screen Time Chart — Sample Chart

Name: Billy **Dates:** 6/4 – 6/10

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday	2 hours	1 hour		1 hour	4 hours
Tuesday	3 hours	1 ½ hours		1 hour	5 ½ hours
Wednesday	1 hours	1 hour	2 ½ hours	½ hour	5 ½ hours
Thursday	4 hours			1 hour	5 hours
Friday	4 hours	1 hour			5 hours
Saturday	3 hours	2 hours	2 hours	1 hour	8 hours
Sunday	2 hours	1 hour	2 hours	2 hours	7 hours

We Can! Screen Time Chart

Name: **Dates:**

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

production note: second side Screen Time Chart

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to http://wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

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