















Pick Your TV Shows – 2 hours or less!

Write in Your TV Programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 minutes Time/Channel							
30 minutes Time/Channel							
30 minutes Time/Channel							
30 minutes Time/Channel							
Color the star for each day you watched 2 hours or less of TV							
Have Fun & Be Active Everyday							

List some activities you can do instead of watching TV: _____