

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 ^{A,C}
2-4 years	Less than 1 hour a day ^A
5-17 years	No more than 2 hours of recreational screen time a day ^{A,B}

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 Children¹¹

