



Sedentary time

My turn off plan



What keeps you from turning off electronic media? Put checks in the boxes.

- I'm bored and there is nothing else to do.
- My favorite TV show is on.
- I am in the middle of a text conversation with friends.
- I play video games to relax after school.
- I must finish the movie marathon.
- I'm stuck inside because of bad weather.

Other things that keep you from turning off electronic media:

My plan

Come up with your own turn off plan to help you limit entertainment screen time. We got you started. What other ideas do you have?

1. **I'll set a timer for 30 minutes to watch my favorite show.** _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

