

Graph-It Questions

Name _____

1. Were you able to reach the Freeze My TV goal of no more than two hours of screen time on any of the days? Were you able to reach the goal for the entire week? How much over or under the goal were you?
2. What activities did you do instead of watching television, spending time online for fun, text messaging, or playing video games? Which of these activities did you enjoy most? Which were active (kept you moving around)?
3. Do you think you got a lot of screen time compared to the amount of time you spent at school? What do you think about this?
4. **Extra credit:** About how much total time have you spent in screen activities throughout your lifetime? How did you figure this out? Explain your answer.