

Prime-Time Smartness Challenge

Name _____

Mark the box next to each day that you succeed in following your pledge:

- ☐ **Day 1:** I gave up watching _____.
Instead, I read The Star Page three times. For the rest of the 30 minutes I _____. (Ideas for activities: playing a game, dancing to music, drawing, helping a family member with a project or chore, going to sleep earlier)

Screen Time Bonus: I also gave up 30 minutes or more of other screen time (watching movies, spending time online for fun, text messaging, playing video games).

Yes/No

- ☐ **Day 2:** I gave up watching _____.
I read The Star Page three times, and then I _____ for the rest of the 30 minutes.

Screen Time Bonus: I also gave up 30 minutes or more of other screen time (watching movies, spending time online for fun, text messaging, playing video games).

Yes/No

- ☐ **Day 3:** I'm halfway there—I know I can make it! I gave up watching _____. After I read The Star Page three times, I _____.

Screen Time Bonus: I also gave up 30 minutes or more of other screen time (watching movies, spending time online for fun, text messaging, playing video games).

Yes/No

- ☐ **Day 4:** I'm getting smarter—I can feel it. I gave up watching _____. I read The Star Page three times, and then I _____.

Screen Time Bonus: I also gave up 30 minutes or more of other screen time (watching movies, spending time online for fun, text messaging, playing video games).

Yes/No

☐ **Day 5:** I gave up watching _____. Instead, I did my best to fill out The Questions Page. Now I am finished with the Prime-Time Smartness Challenge!

Screen Time Bonus: I also gave up 30 minutes or more of other screen time (watching movies, spending time online for fun, text messaging, playing video games).

Yes/No

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).