



# Freeze My TV Journal

Name \_\_\_\_\_

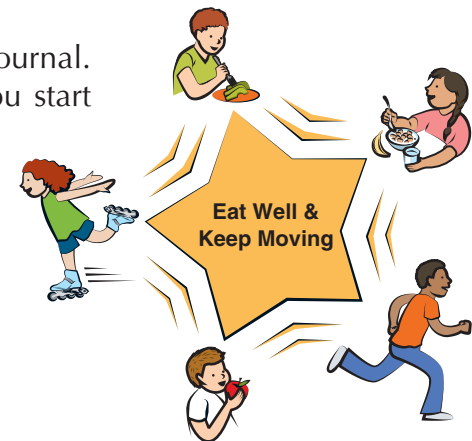
## Instructions

For each day of Freeze My TV, write a paragraph in this journal. Be sure to read the instructions for each day before you start writing.

## Screen Time Alternatives

Acting  
Babysitting  
Baseball  
Basketball  
Bike riding  
Board games  
Bowling  
Camping  
Capture the flag  
Checkers  
Chess  
Cleaning the house  
Computer work  
Cooking  
Dancing  
Doing each other's hair  
Drawing  
Fishing  
Four square

Frisbee  
Grocery shopping  
Going to the gym  
Gymnastics  
Hacky Sack  
Hide-and-seek  
Hiking  
Hockey  
Hopscotch  
Visiting with friends  
Jogging  
Jumping rope  
Kickball  
Lacrosse  
Laundry  
Legos  
Listening to music  
Painting  
Planting flowers



Playing an instrument  
Playing Dance, Dance Revolution  
Pull-ups  
Reading  
Roller skating  
Singing  
Sit-ups  
Skipping  
Sleeping  
Stretching  
Tag  
Swimming  
Studying  
Visiting a museum

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).

## Day 1

Date \_\_\_\_\_

Write a paragraph describing how you feel about trying to decrease the amount of time you spend in recreational screen activities (screen time that you usually do for fun) for an entire week.

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## Day 2

Date \_\_\_\_\_

Write a paragraph describing what day 1 of Freeze My TV was like. Did you like getting less screen time? Did you not like it?

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## Day 3

Date \_\_\_\_\_

Write a paragraph about what you did during day 1 and day 2 when you weren't watching television or doing other screen activities. How do you think you will spend this time for the rest of the week?

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## Day 4

Date \_\_\_\_\_

How much sleep do you get each night? Do you think you are getting enough? If not, write down what you could do differently in the evening to get more sleep. Remember to take a look at your Screen Time Chart and see how much time you spend in screen activities during the evening.

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## Day 5

Date \_\_\_\_\_

Write a paragraph describing what you think people did for entertainment before television and computers were invented. How do you think people spent their time back then?

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## Day 6

Date \_\_\_\_\_

Have you missed all the screen time you usually spend in a typical week? Why or why not?

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## Day 7

Date \_\_\_\_\_

A friend of yours wants to try to cut back on screen time. Write a paragraph to your friend with some tips that helped you cut back on your screen time.

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