

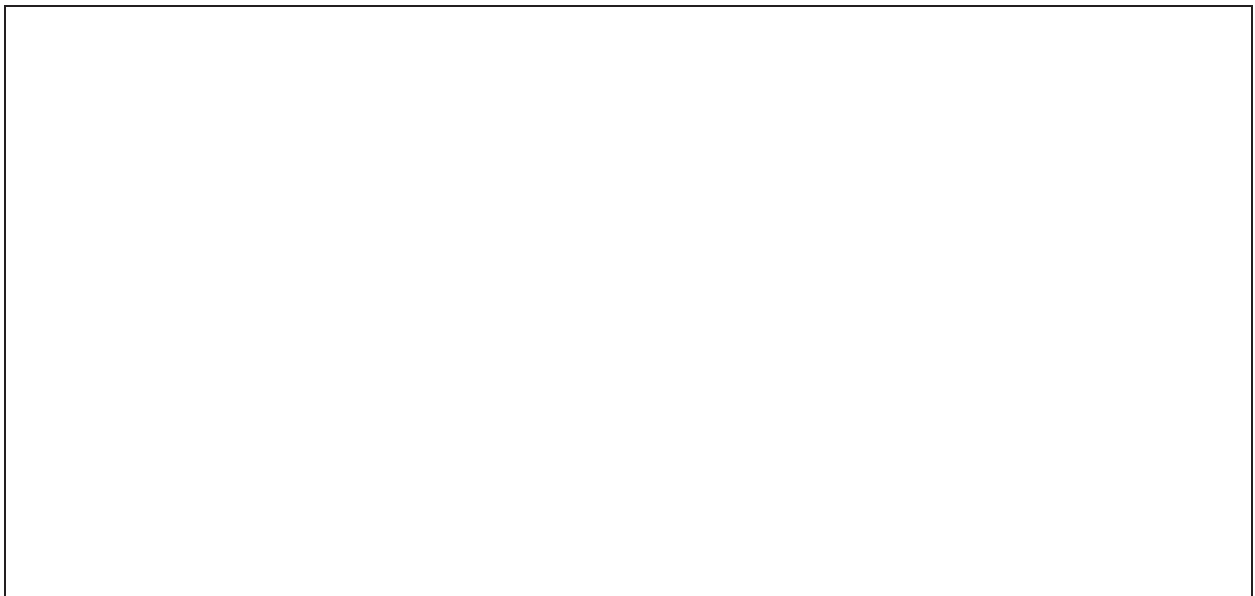
Graph-It Worksheet

Name _____

1. Using the information from your Screen Time Chart, graph the number of hours you spent in screen activities for fun each day.

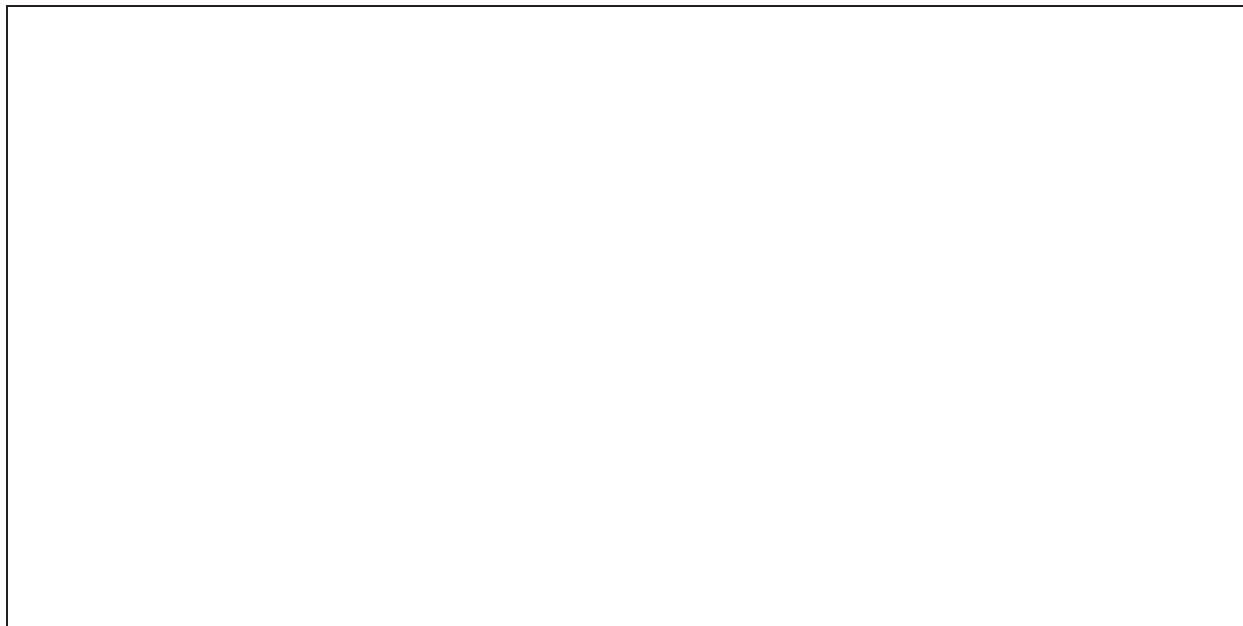


2. Using the information from your Screen Time Chart, create a graph that compares the number of hours you spent in screen activities each day during the Freeze My TV week with the daily two-hour (or less) goal.

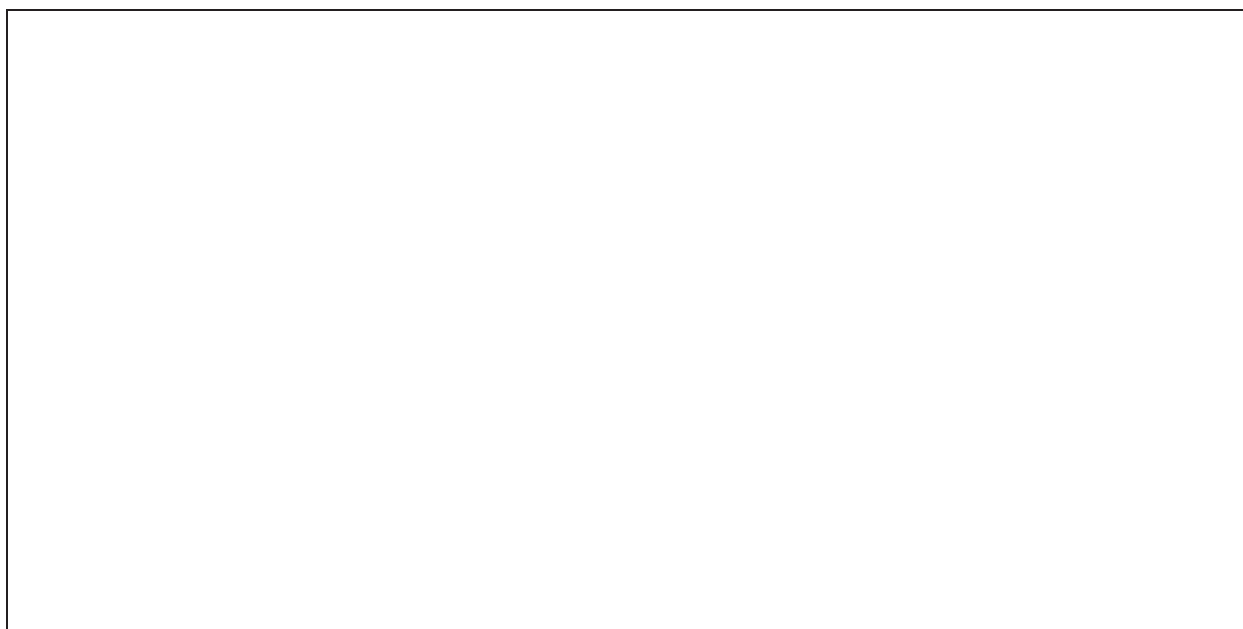


From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

3. Create a graph comparing the total number of hours you spent in screen activities for the entire week with the maximum number of hours you should spend looking at screens for fun during one week (based on the recommendation of two hours or less per day).



4. Create a graph comparing the total number of hours you spent engaging in recreational screen activities for the entire week with the total number of hours you spent in school for the entire week.



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).