

Unplug + Play

What are your family rules for using electronic entertainment?

Children need at least 60 minutes of moderate-to-vigorous physical activity every day for good health and electronic entertainment should be limited to less than two hours a day.

Organize a family meeting to discuss limiting electronic entertainment time and to establish a family agreement.

Write down the rules that your family have agreed to in the space provided, then display them in a central place such as on the fridge or beside the TV or computer.

Our family agrees to:

1.	
2.	
3.	
4.	
5.	