

Do more, Watch less... Together!



Please write the name of the show, movie or game and check the box for type of media. Use a new line for each different show or game. Who else was watching a movie or playing a-video game with your child?

Example: If your child watched a "Thomas the Tank Engine" DVD or played "Elmo's Art Workshop" you would mark:

Date	Name of Movie, Show or Game	Type of Media	Approx. Time Spent	Who else was there?
	Thomas the tank Engine	<input type="checkbox"/> TV <input checked="" type="checkbox"/> Video or Movie <input type="checkbox"/> Video game <input type="checkbox"/> Computer game	1 hour	step father
	Elmo's Art Workshop	<input type="checkbox"/> TV <input type="checkbox"/> Video or Movie <input type="checkbox"/> Video game <input checked="" type="checkbox"/> Computer game	20 minutes	older brother

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		<input type="checkbox"/> TV <input type="checkbox"/> Video or Movie <input type="checkbox"/> Video game <input type="checkbox"/> Computer game	_____	
		<input type="checkbox"/> TV <input type="checkbox"/> Video or Movie <input type="checkbox"/> Video game <input type="checkbox"/> Computer game	_____	
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Screen Free Tracking Form

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