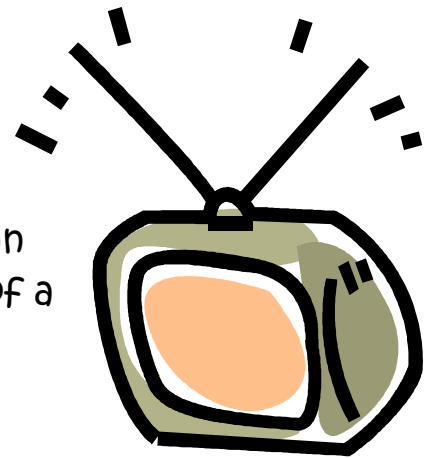


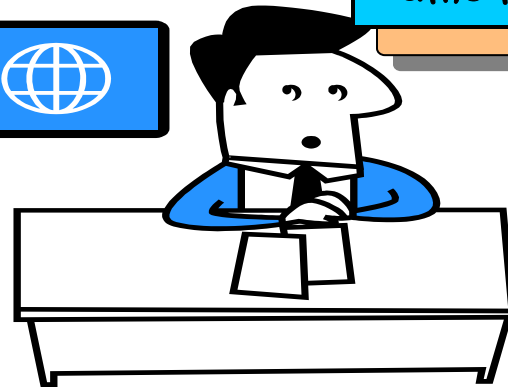
# How Many Hours?

How many hours do you spend in front of a screen? TV, video games and computer time can add up! Add up the hours you spend in front of a screen each day below.



Report just in:  
TV time is  
at an all  
time high!

| Day       | Hours |
|-----------|-------|
| Monday    |       |
| Tuesday   |       |
| Wednesday |       |
| Thursday  |       |
| Friday    |       |
| Saturday  |       |
| Sunday    | +     |
| Total     | =     |



× 52 weeks = \_\_\_\_\_ divided by 24  
hours = \_\_\_\_\_ days a year

2 hr/day = 14 hr/week = 2.3 days/month = 28 days/1 month a year

What would you do with a whole extra month?

3 hr/day = 21 hr/week = 3.5 day/month = 42 days/1.5 months a year

Where would you go on a vacation for 42 days?

4 hr/day = 28 hr/week = 4.6 days/month = 60 days/ 2 months a year

Make a Screen Time limit and spend those extra hours outside!