



My sedentary time tracker



Main messages

- Limit sitting-around time whenever possible
- Limit entertainment screen time to no more than 1 or 2 hours per day

A	B					C	D
Day/date	Entertainment screen time					Total entertainment screen time	Sitting-stopper and turn off strategies
	TV	Video games	DVD/movie	Cell phone	Computer/tablet		
Example Wednesday <u>10</u> / <u>20</u> / <u>21</u>	30 minutes	none	none	45 minutes	15 minutes	1 hour 30 minutes	– Push-ups during commercial breaks – Bike to and from school
_____ ___ / ___ / ___							
_____ ___ / ___ / ___							
_____ ___ / ___ / ___							

Select your responses

Did I limit sitting-around time whenever possible?

Always Mostly Sometimes Never

Did I limit entertainment screen time to no more than 1 or 2 hours per day?

Always Mostly Sometimes Never

