

# TV Time Mash-up Log



## 15 Fun Activities to do Instead of Watching TV!

1. Build an indoor fort
2. Have a dance party
3. Throw a Frisbee
4. Volunteer
5. Play hopscotch
6. Jump rope
7. Walk to the library
8. Wash the dog
9. Visit a zoo
10. Blow bubbles
11. Go on a treasure hunt
12. Play balloon volleyball
13. Play zoo charades
14. Go to a playground
15. Ride a bike

**Still want to watch TV?**  
 Check out the **Commercial Champion Challenge sheet** for a fun game to keep you active during your show!

Use the log below to track how many hours you are in front of a screen. Try to decrease the amount of time each week for the whole month of October!

	TV	Video Games	Movies	Computer/Internet	Total Hours Per Day
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
<b>Total Hours Per Week:</b>					



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