



# SWITCH WHAT YOU VIEW™

MONTH #1



## POINTS TRACKER

### Choose Your 1st VIEW Goal:

- ☐ 5 hours screen time a day
- ☐ 4 hours screen time a day

- ☐ 3 hours screen time a day
- ☐ — hours screen time a day (You choose.)

1. Choose this week's **VIEW** goal.

**HOURL(S) OF SCREEN TIME A DAY**

2. Track what you **VIEW** as many of the days of the week as you can.

### 2 WAYS TO GET SWITCH POINTS

**Give yourself 3 points any day you meet your VIEW goal. Record any extra Switch Points.**

3. **Earn** Switch Points. Add up your points. How many Switch Points did you earn?



### ACTIVITY METER: FILL IN A CIRCLE FOR EVERY SWITCH ACTIVITY YOU DO.

AIM FOR **VIEW** GOAL:

# 2

**HOURS OF SCREEN TIME OR LESS A DAY**  
(TV, video games, computers)

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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EACH CIRCLE = ONE ACTIVITY



MONTH #1

NAME \_\_\_\_\_ GRADE \_\_\_\_\_

TEACHER /LEADER \_\_\_\_\_ SCHOOL /CLUB \_\_\_\_\_

## SWITCH POINTS

3 points any day you meet your goal, plus any extra Switch Points you've earned

M	T	W	Th	F	Sa	Su	SWITCH POINT TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



RETURN THIS TRACKER TO THE SWITCH BOX