



# SWITCH WHAT YOU VIEW™

MONTH #2



## POINTS TRACKER

### Choose Your 2nd VIEW Goal:

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

- ☐ 2½ 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)


EACH CIRCLE = ONE ACTIVITY



MONTH #2

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



RETURN THIS TRACKER TO THE SWITCH BOX